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ABSTRACT

Utilizing 1991-92 Pennsylvania Department of Education Section 353 Special Demonstration Project Funding, the Fayette County Community Action Agency, Inc. Education Center conducted a cookbook and stories project. It was designed to encourage English-as-a-Second-Language (ESL) students to maintain their cultural heritage while learning about that of other groups. The project involved students in various adult education programs throughout the county. Students submitted recipes and stories related to their ethnic background and discussed them in class. They were exposed to word processing techniques and composed artwork to accompany the recipes and stories. The curriculum focused on sharing and strengthening ethnic parts of the community in order to increase cultural awareness and community outreach. Recipes from all counties were solicited with the aid of the local library and a nursing home to help generate a multi-ethnic, multi-level text. Final drafts of the cookbook were completed by the Adult Basic Education/General Education Diploma (ABE/GED) classes at the Fayette County Prison. The project cookbook, "Community Cookbook," is attached. Also included is the "Adult Enrichment Center International Cookbook, 1989-90" from the Lancaster, Pennsylvania, Adult Enrichment Center, which includes a multilingual glossary. (LB) (Adjunct ERIC Clearinghouse on Literacy Education)

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INTERNATIONAL BOOKLET OF RECIPES AND STORIES. FINAL REPORT, JULY 1, 1991 TO JUNE 30, 1992 (and) COMMUNITY COOKBOOK (and) ADULT ENRICHMENT CENTER INTERNATIONAL COOKBOOK, 1989-90.

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FAYETTE COUNTY COMMUNITY ACTION AGENCY, INC.

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Section 353

FINAL REPORT

International Booklet of Recipes and Stories BUREAU OF ADULT BASIC AND LITERACY EDUCATION

July 1, 1991 to June 30, 1992

ABSTRACT

Utilizing 1991/92 Pennsylvania Department of Education Section 353 Special Demonstration Project funding, the Fayette County Community Action Agency, Inc. (FCCAA) Education Center (CAEC) proposed to develop an innovative English as a Second Language (ESL) project The International Booklet of Recipes and Stories. The purpose of the project was to encourage ESL students at CAEC to maintain their cultural heritage while learning about other cultures and the English Language.

The strategy was to involve ESL students currently attending classes at CAEC in the creation and publication of a book of recipes and stories. A pre and post test of ESOL was to assess the progress of the students in learning the English language. The project evolved to include students in various adult education programs throughout the community of Fayette county. Students submitted recipes and stories related to their ethnic background and these stories were discussed in class. Students were exposed to word processing techniques and were inspired to compose artwork to accompany the recipes/stories.

The International Booklet of recipes and stories curriculum focused on sharing and strengthening ethnic parts of the community in order to increase cultural awareness and community outreach.

The project would be beneficial to adult education programs and community based organizations.

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Harrisburg, PA 17126-0330

INTRODUCTION

The concept for the International Booklet of Recipes and Stories was derived from an awareness of the need for ESL students to maintain their cultural heritage while learning about other cultures and the English language. It was also believed that the project could aid ESL students to adjust to life in the United States.

Upon notification of funding, CAEC instructors attempted to recruit students from ESL classes at the various classroom sites. Unfortunately, few of the students had the desire to be involved due to preoccupation with other issues relating to their alien status (jobs, housing, etc.). At about the same time, the World Relief liaison, who had been bringing refugees to Fayette County, resigned her position. Immigration to Fayette County from World Relief ended, eliminating the primary source of ESL students for CAEC.

When these unforeseen circumstances made it impossible to run the project as planned, the Pennsylvania Department of Education was contacted. FCCAA was then given the go-ahead to expand the International Booklet of Recipes and Stories to include native literacy students in the community. Recipes from all countries were solicited with the aid of the Friends of the Uniontown Library and Mount St. Macrina, a local nursing home.

In July of 1991, FCCAA received funding through the Joint Jobs Initiative of the Department of Public Welfare Labor and Industry in Education for the Transitional Needy (TN) program. This special program serviced clients who are receiving partial

assistance by training them in basic skill remediation and job specific education. The TN students who were being trained as dietary aides contributed recipes and stories to the cookbook. With the aid of a FCCAA WIC nutritionist and teacher, these students also evaluated recipes for nutritional value. Items from the cookbook were prepared and tested at a party held at the Community Service Center.

The final draft of the cookbook was completed by students in the ABE/GED classes at the Fayette County Prison (FCP). FCP students also contributed recipes and stories. With the guidance of the prison instructor, these students were responsible for graphically arranging materials, editing and complementing the text with original artwork.

The expansion of the project, the support of various agencies in the community and the utilization of students in adult education and training programs helped to generate a multi-ethnic, multi-leveled text.

The following FCCAA staff worked with the International Booklet of Recipes and Stories: Kim Hawk, Director of Education; Mary Jane Jones, Literacy Aid; Cara Dragan, WIC Nutrition Education Coordinator; Estella Duffy, Literacy Coordinator; Kim Riddell, ESL and prison instructor; Elizabeth Elias, Director of Planning; James Stark, Executive Director; Karen Hunt, Director of Finance.

The final report of the Community Cookbook project will be available at the following locations:

Pennsylvania Department of Education
333 Market Street
Harrisburg, Pennsylvania 17126-0333

Advance
333 Market Street
Harrisburg, Pennsylvania 17126-0333

Pennsylvania Directors Association for Community Action
222 Pine Street
Harrisburg, Pennsylvania 17101

Fayette County Community Action Education Center
201 East Fairview Avenue
Connellsville, Pennsylvania 15425

BODY

(a) PROBLEM STATEMENT

During the turn of the century, Fayette County witnessed a dramatic increase in population due to immigrants seeking employment in local coal mines. Immigrants continued to pour into the county during the expansion of the steel industry of the 1940's. Many of these immigrants kept family ties in their native lands. Fayette County is a good example of America's melting pot.

Last year at this time, federal immigration laws were permitting an increase in the number of immigrants allowed to enter the United States. World Relief Outreach (WRO) opened a local chapter in Fayette County that was been bringing in over four new immigrant families to Fayette County monthly. These families required human service coordination and help learning the English language. As a result, FCCAA established ESL class in the Community Service Center that were attended by approximately twelve students two days per week. The FCCAA case management program was made available to these students address housing and other human service needs.

It was believed that the need to maintain native cultures while learning to speak English was important for these new

residents who were missing family and friends in their native country but required English skills to obtain work, attend church, and be active in the community.

In 1990, the CAEC provided reading services to 235 adults, reading at less than a ninth grade level. Three of the 235 were ESL. FCCAA enrolled twenty-five ESL students in 1991 (from Armenia, Russia, Ethiopia, Turkey and Vietnam, etc.) FCCAA proposed that this innovative project, the International Booklet of Stories and Recipes, would help ESL students to maintain their cultural backgrounds and improve their command of the English language as they adjusted to American society. FCCAA also anticipated that the community will benefit with increased cultural and literacy awareness.

(b) OBJECTIVES

1. 25 ESL students will learn basic English language skills through discussion and translations of recipes and stories.

2. 25 ESL students will learn the importance of teamwork by publishing a booklet consisting of recipes and stories from countries represented by the students.

3. 25 ESL students will learn basic computer and basic English skills while becoming more culturally aware.

4. The community will have a better understanding and awareness of the cultural differences and programs available to ESL students through the distribution of approximately 2,500 booklets. This will also help to recruit tutors for the ESL program.

(c) PROCEDURES

There were two (2) components to the project: The first component was teaching the ESL students basic English language, basic computer and cultural awareness through a single product. Participants were recruited from the ESL students attending class during the project year. The ESL students met once a week for a three-hour session as a supplement to regular ESL classes. Seven ESL students participated in the creation of the Booklet of International Recipes and Stories, from their native land. .

As mentioned above, this project was broadened to include all literacy students in the community because of an unexpected decrease in the number of ESL students. In working with all students, the instructor suggested holidays, childhood memories, celebrations, etc. as the subject matter for stories accompanying the recipes.

Of the seven ESL students who participated in the project, six dictated and transcribed stories about their homeland. The other student was reluctant and participated from a distance through observation and occasional comments during class discussion. With the assistance of the instructor, the students translated the stories to proper English. The instructor helped them to edit to ensure readability in English.

The remaining literacy students, for whom English was the native language, participated in small group sessions during which recipes and stories were read and discussed. Recipes were tested at the FCCAA Community Service Center to ensure exact transcriptions from metric to U.S. measures, accommodations for

modern cooking conveniences and food elements found locally. The participants and their dishes were photographed for inclusion in the book.

The second component to the project, was be the distribution of the Booklet in the community making the CAEC programs known - specifically the ESL components of the literacy program. The cookbook was submitted to the printer in June. Distribution is expected to make the community more aware and sensitive to differences in language and culture; and to have a positive effect in that more citizens may become involved in literacy and ESL programs in the area. FCCAA is also distributing the booklet to FCCAA WIC clients who may benefit from receiving the booklet for its nutritional value.

The site for the International Booklet of Recipes and Stories project was the education classroom, computer desk top publishing unit and kitchen at the Community Service Center, a newly constructed, handicapped accessible, human service center in Uniontown, PA. When the project was expanded to include all CAEC literacy students, instruction occured at the Mt. Macrina Nursing Home, the Uniontown Public Library, the Fayette County Prison and in the private homes of some of the students involved.

The ESL and literacy students who participated in the project were exposed to teamwork by working together for one common goal. The students were given small group instruction on basic word processing through lectures and hands-on activities. Recipes were translated into English by students and compiled categorically. Each student was encouraged to write an "experience story" using

personal experience, opinions, memories and imagination to compose a written piece in English that related directly to their recipe.

The project ran from July 1, 1991 until June 30, 1992. Instruction on word processing, and basic English language occurred in the context of the creation of the International Booklet of Recipes and Stories.

(d.) OBJECTIVES MET (POSITIVE RESULTS):

The first objective was that 25 ESL students were to learn basic English language skills through discussion and translations of recipes and stories. At the time that the International Booklet of Recipes and Stories was proposed as a 353 project, CAEC had an active and growing class of ESL students. The abundance of ESL students in the Fayette County area was due to the work of the local World Relief Liaison who was bringing an average of two to four refugee families into the county each month. At some point during the month of July 1991 (the month in which FCCAA received notice of funding for the cookbook), the World Relief Liaison resigned her position. This resignation resulted in the cessation of immigration to Fayette County which in turn effected recruitment for ESL classes at CAEC. When the current students found jobs and/or moved from the area, they could not longer attend classes; therefore CAEC did not have 25 recruitable ESL students.

The Director of Education, Kim Hawk, contacted PDE and was given permission to expand the project by including all CAEC students. This expansion enabled students from literacy, TN, and FCP programs to participate in the creation and publication of the booklet.

The breakdown of students participating in the project is as follows:

	# contributing recipes	#participating in discussion
ESL	6	7
Literacy	9	9
Transitional Needy	4	7
Prison	4	11
Total	23	34

This could be viewed as a positive result in that 34 students were able to improve their English language skills through discussion and translation of recipes and stories.

The second objective was that 25 ESL students were to learn the importance of teamwork by publishing a booklet consisting of recipes and stories from countries represented by the students. As a result of this project, The Community Cookbook was completed and published. It is evident from viewing the cookbook that much teamwork is involved. The instructor was also commented at the enthusiasm with which non-ESL students viewed the project as an opportunity to share a part of their personal history.

Students in the TN class found that the creation of the cookbook was applicable to their dietary aid training. The project provided them with an opportunity to apply this training, through group discussion, to a practical purpose--the nutritional analysis of recipes. The literacy students at the Mt. Macrina nursing home were thrilled to participate in discussions concerning food and ethnic backgrounds. Most surprising of all, however, was the joy

with which students at the Fayette County Prison volunteered to pull the project together and contribute artwork, recipes and stories of their own. The success of this project exceeded the limits of the original goals to encompass diverse and varied social groups within the community.

The third objective was that 25 ESL students were to learn basic computer and basic English skills while becoming more culturally aware. Of the students participating, the seven ESL's, seven TN's and 12 FCP's learned computer skills. A total of 23 adults improved their basic English skills as evidenced by a comparison of ESOL and WRAT pre and post test results. The act of discussion of ethnic traditions opened the minds of all students participating and helped them to become more culturally aware.

The forth and last objective was that the community will have a better understanding and awareness of the cultural differences and programs available to ESL students through the distribution of the booklets. This will also help to recruit tutors for the ESL program. It is not yet possible to evaluate this objective as the final copies of the booklet have not yet been received.

(e.) NEGATIVE RESUTS

Objectives targeting ESL students were not met due to the lack of ESL students in Fayette County during the period of time in which the project ran. This lack is due mainly to the resignation of the liaison for the World Relief Organization discussed earlier in this report. Additionally, unexpected printing costs reduced the number of proposed booklets to be printed from 2500 to 600 copies.

(f.) EVALUATION PROCEDURES

A pre and post test of ESOL by Laubach was compared to assess the progress of the students learning the English language. Of the seven ESL students participating, six raised their score on the test by two levels. The remaining student was able to advance one ESOL level.

The project was also evaluated informally by teacher observation. The instructor observed that the students were overwhelmingly enthusiastic about cooperating to make the project a success. Students performing at different levels in all of the programs were receiving support and encouragement from each other in working toward a common goal. Students also found it very reinforcing to see their work in a formal publication.

The instructor viewed the project as surprisingly successful considering the obstacles that surfaced in the initial stages of development. This statement is subjective; however, the final copy of the Community Cookbook supports the statement as proof of its success. An interview was conducted by the Director of Education with each student to discuss their thoughts on the project, language skills and new understandings of other cultures.

(g.) COORDINATION & DISSEMINATION

A copy of the Booklet will be distributed as an outreach tool to the communities of Fayette County by the staff of CAEC through speaking engagements and distributing the Booklet to businesses and organizations to make the community more aware of the ESL Program and to generate students and tutors for the program. The Fayette

County Human Service Council with over 150 members will also be utilized in booklet distribution.

FCCAA also proposes to disseminate the booklet to FCCAA clients, specifically in the WIC program. Over 9,000 high risk women, infants and children in over 4,000 families participate in WIC annually. WIC's nutritional focus will provide a forum to introduce adult education information in a recipe booklet.

The final report on the International Booklet of Recipes and Stories will be distributed to AdvanceE, Pennsylvania Department of Education, the Pennsylvania Directors' Association of Community Action and will be made available to the Adult Division of the Fayette County Human Service Council.

CONCLUSIONS/RECOMMENDATIONS

The most positive indicator of the success of the Community Cookbook is the eagerness of participating students to see their result in print. FCCAA would recommend that other adult education providers who may be considering a similar creative project to regard the following:

~*ESL students often view fun projects as frivolous. The nature of their cultural "work ethic," combined with the fact that they are also struggling for housing and jobs explains their reluctance to put time into anything that does not have direct quantifiable results.

It is believed that the transformation of this project from

ESL to the community resulted in benefits beyond the scope of the original 353. In spite of the fact that the project did not turn out as anticipated, FCCAA was able to incorporate diverse social groups within the community. All agencies involved contributed valuable resources and at the same time gained cultural awareness.

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COMMUNITY COOKBOOK



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send for our free information packet or call Toll Free at 1-800-445-6621.

Introduction

Utilizing 1991/92 Pennsylvania Department of Education Section 353 Special Demonstration Project funding, the Fayette County Community Action Agency, Inc. (FCCAA) Education Center (CAEC) developed an innovative English as a Second Language (ESL) project, The International Booklet of Recipes and Stories. The concept for the project was derived from an awareness of the need for ESL students to maintain their cultural heritage while learning about other cultures and the English language. It was also believed that the project could aid ESL students to adjust to life in the United States.

The strategy was to involve ESL students currently attending classes at CAEC in the creation and publication of a book of recipes and stories. Participating in the project were students from the following CAEC programs: ESL, literary, Adult Basic Education (ABE), General Education Development (GED), Transitionally Needy, and ABE/GED prison. Students submitted and discussed recipes and stories related to their ethnic backgrounds. Students were exposed to word processing techniques and were inspired to compose artwork to accompany the recipes/stories. Recipes from all countries were solicited with the aid of the Friends of the Uniontown Library and Mount Macrina, a local nursing home; this helped to generate a multi-ethnic, multi-leveled text.

The final drafts of the cookbook were completed by the ABE/GED classes at the Fayette County Prison. These students used their creative abilities and talents to make additions and corrections. Students participated in this project from July of 1991 through the final draft of the International Booklet of Recipes and Stories at the end of June, 1992.

The following FCCAA staff worked with the International Booklet of Recipes and Stories: Kim Hawk, Director of Education; Mary Jane Jones, Literacy Aid; Estella Duffy,

Literacy Coordinator; Kim Riddell, ESL and Prison Instructor; Elizabeth Elias, Director of Planning; James Stark, Executive Director; Karen Hunt, Director of Finance.

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Connellsville, Pennsylvania 15425

The International Booklet of Recipes and Stories curriculum focused on sharing and strengthening ethnic parts of the community in order to increase cultural awareness and community outreach. The project would be beneficial to adult education programs and community based organizations.

Fayette County Community Action

The Fayette County Community Action Agency, Inc. (FCCAA) is a multi-service agency serving the low-income, disabled and older residents of Fayette County through health, nutrition, housing, transportation and education programs. Community Action has a mission to:

- Provide quality human service.
- Promote and enable self-sufficiency among the people we serve.
- Stimulate and focus on efficient use of all available resources to address local needs.
- Encourage local responses to community problems.
- Mobilize local resources.

The Community Action Education Center

The Community Action Education Center offers adults a better life through education programs. CAEC offers adults a variety of instructional options utilizing classroom, small group and individual tutoring methods. Programs available include:

- Literacy Instruction
- English as a Second Language
- Adult Basic Education
- GED preparation
- Job Training and Partnership Act
- Pennsylvania Conservation Corps
- Family Study Skills
- Prison Education
- Transitionally Needy

All of the educational programs provided by Fayette County Community Action have had a positive impact on the area. Through education, pre-employment, job training and work experience programs, Community Action has been able to empower students so that they may change their lives.

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Main Dishes



Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- A few drops of lemon juice in potato water will whiten boiled potatoes.
- To save money and vitamins: Pour all leftover vegetables and water they are cooked in, into a freezer container. When full add tomato juice, seasoning and have "free" soup for lunch.
- Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.
- When cooking vegetables, remember to boil vegetables that grow above ground without a cover.
- Allow 1/4 teaspoon salt to each cup of water for cooking vegetables.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color. Vinegar or lemon juice (used sparingly) may also have the same effect.
- Never soak vegetables after slicing; you will lose much of the nutritional value of vegetables.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- Save vegetable juices from cooking; they can be used for stockpot, vegetable soup or sauces. You may freeze it until ready to use.
- To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skin with a fork and then bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try running under cold water or placing in freezer briefly before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughening beans or corn, add salt when cooking is halfway through.

DOROTHY'S MEATLOAF

2 pounds mixed ground beef, pork, and veal (meatloaf mix)

Put in a mixing bowl. Add the following:

2 eggs

Salt and pepper to taste

Garlic cloves*

Onion, chopped (can use onion flakes)

1/2 cup celery, chopped

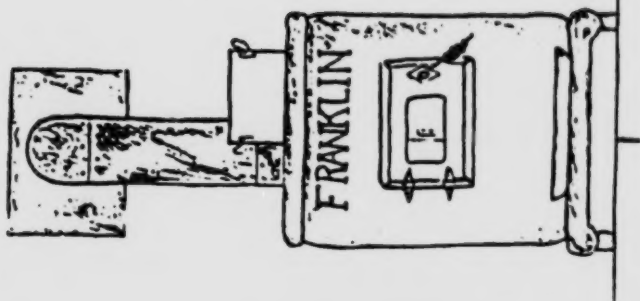
1 small can of mushrooms

2 tablespoons mustard

4 tablespoons ketchup

Progresso Italian bread crumbs

*If fresh garlic is available, use 2 cloves, cut up. If not, use garlic salt (sprinkle to taste). Mix with hands until well blended. Shape into one or two loaves, cover with aluminum foil and bake at 350 degrees for one to two hours until nicely browned.



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FRIED RABBIT WITH GRAVY

Lisa Morris

1 or 2 rabbits, cut up
Vinegar
Flour
Salt and pepper
Seasoned salt (optional)

First you must make sure the rabbit is skinned and gutted. Then you must be sure the bullet pellets are taken out. Soak rabbit in vinegar and water overnight. Boil for 45 minutes in water and salt. Season rabbit with salt and pepper or whatever seasoning you'd like. Flour your pieces of rabbit. Cook in oil until tender on medium heat (much as you would with chicken). In another pan, brown flour and add water and season to taste, stirring constantly (you may add gravy following also). When rabbit is fried completely, drain excess oil and add it to gravy. Let simmer for 10-15 minutes on low heat.

My mother used to make this dish for my family when I was a kid. It was special to me because my mother and father both did their part to make it. My father would go hunting and catch the rabbits, he would bring them home and my mom would clean it (skinning it and removing the guts—which smelled horrible). Then she would prepare the dish. A lot of times they would make this on a winter day when we had power outages. We had a small wood/coal burning stove and that's what my mom would prepare this on. It was special because it made me feel that they could provide for us under any circumstances because at those times, no one else in the neighborhood had heat or electricity. We didn't have TV or radio with the power off but we would talk and play games and just be together. At other times she would make this along with home fries and homemade biscuits. It all tasted very good.

MICHELLE'S MANICOTTI

(Italy)

Michelle Carson

2 pounds ricotta cheese
2 tablespoons parsley
3 whole eggs
1/2 cup grated Parmesan or Romano cheese
1/2 pound grated mozzarella cheese
1 box manicotti noodles
1 (16-ounce) jar spaghetti sauce
Pepper
Salt
Dash of garlic powder

Cook manicotti noodles according to directions. Drain.

In a mixing bowl, combine ricotta cheese, parsley, eggs, grated cheese and 1/2 cup of grated mozzarella cheese.

Spread spaghetti sauce (1 cup) over the bottom of a 13 x 9-inch glass dish.

Fill noodles with cheese mixture. Layer filled noodles flat on bottom of baking dish alternating with sauce and cheese.

Bake covered with foil at 350 degrees for one hour.

I have liked all Italian foods since I was a little girl. My dad always called me his little "spaghetti bender" because I could never get enough pasta. As I grew older, it remained my favorite food. Now my favorite dish is manicotti.

I've been making them since I was 11 years old. When I got my first apartment, I used to invite my friends over for dinner and the first dinner I'd always make was manicotti because they always turned out well and they were a hit with my friends.

A MIXED HERITAGE

My recipes are a hodge-podge due to the mixture of nationalities of my parents. From my mother's forebearers, we find Polish and Austrian lineage, and on my father's side, the name is of Lithuanian origin with a contribution of both Prussian and Polish. Thus we see the varied sources of these recipes, and, cannot designate any particular nationality to them.

1. The Sauerkraut/Pork Chop recipe can possibly be attributed to the German-Polish influence.
2. The Picnic Bean is an outgrowth from the special sauce used in the baking of the ham from the third recipe.
3. Ham Paradesium (Ham of Paradise) is the product of some 25-30 years in varying the ingredients of the sauce and method of basting in the cooking period.

The method of preparing a ham is due to the fact that I was a Chemist by trade and since chemists are noted for experimenting, we have this final result for the Polish tradition of Ham for Easter and Christmas.

It is noted here that extra labor is involved beyond the normal method of baking hams.

HAM PARADESIUM

The Sauce: Prepare two days before cooking of the ham. This permits a slight fermentation and mellowing of the ingredients. Prepare in a porcelain bowl, covered with plastic wrap and allow to sit at room temperature—stir several times each day. **Note:** The quantities that are listed are for a 10-15 pound ham. The quantities listed within parentheses are for a 15-20 pound ham.

3/4 box dark brown sugar (1 (1-pound) box)
1 ounce dry yellow mustard (2 ounces)

Blend the dry ingredients. Add:

2 ounces dark Jamaican rum (4 ounces)
2 ounces dry red wine (2 ounces)
1 ounce white vinegar (2 ounces)
1 ounce wine vinegar with garlic (2 ounces)
1/2 crushed garlic bud can be added for those who prefer a slightly stronger sauce
1 teaspoon Worcestershire sauce (1 teaspoon)
1 tablespoon Bar-B-Que-Sauce (2 tablespoons)
1 teaspoon salt or onion flakes (1 teaspoon)

The Ham: A fully cooked ham is preferred with bone, although a semi-boneless can be selected. It should be at room temperature, unwrapped. Remove any paper and wipe with a damp cloth. Place, fat side up, in a roaster with 1/4 cup of water, one ladle or full cup of sauce and cover. Bake in a slow oven at a temperature of 300 degrees-325 degrees. Allow 25-30 minutes baking time per pound. (Ten percent reduction of weight should be allowed for the bone and water content.) Preheat your oven to 300 degrees. When done, an internal temperature is 130 degrees-150 degrees.

The Cooking: Using your ladle, baste the ham each hour with the sauce mixture in the pan or roaster and after 2-3 hours, remove one ladle of the drippings from the roaster and add to the sauce bowl. One hour before completion of the cooking time, remove the ham from the oven, remove excess fat, score by cutting diagonal gashes across the fat side of the ham in a diamond shape, and spread the sauce over the ham.

Return to the oven and baste with the roaster sauce drippings every 5 minutes for the first 15 minutes. Thereafter baste every ten minutes for the next 30 minutes.

The final 15 minutes, the cover is removed, the oven temperature

is raised to 425 degrees, and the ham is glazed. Remove from the oven, allowing to drain from the elevated rack for 15 minutes, transfer to a platter and serve HOT. . .or. . .allow to cool in a pantry or cool room. Now, keep refrigerated and slice thinly for best results.

SAUERKRAUT/PORK CHOPS AND KOLBASA

The three steps process can be performed at the same time, however, since more time is involved for the preparing of the pork (chops or loin), it is listed as step #1.

Pork: Saute the choice of meat (veal can be included) with chopped onions, seasoned with garlic, black pepper and paprika. Add water and pan fry for one hour. Debone meat, removing excess fat and dice in about one-half inch cubes. A thick gravy is made from the processing pan and is reserved, along with the cooked meat for the final cooking of the sauerkraut and kolbasa.

Kolbasa: A mixture of Kielbasa and Pork Sausage is preferred and, after cutting into about 6-8 inch lengths, is placed into boiling water and simmered for 30 minutes. The links can be perforated with a fork in order to remove most of the greases. Remove, drain and cook. Slice into assorted sizes: one-quarter inch wafers and two inch sections for addition, with the pork from above in the final combination with the sauerkraut.

The quantities can be varied but this particular recipe is based upon a serving of 12 to 15:

PORK: 3-4 chops or loin sections.

KOLBASA: A two-pound with about one-third to one-fourth sausage.

SAUERKRAUT: Five to six pounds.

Sauerkraut: Add seasoning of $\frac{1}{2}$ tablespoon salt, $\frac{1}{4}$ tablespoon garlic, $\frac{1}{4}$ tablespoon black pepper and $\frac{1}{2}$ cup of water to undrained kraut and open boil for 30 minutes.

Final Combination: To a large and suitable vessel, transfer the three groups of processed ingredients, layering and mixing thoroughly. Several slices of cut up bacon strips and one ounce of imitation bacon bits can be introduced to the mixture, covered and simmered for 30 minutes. The amount of juices for preference can be controlled by uncovering and reducing as desired.

Note: For best results, the secret is removal of most of the high content of grease generated from the pork that is the basis of the recipe.

PEPPER SANDWICHES

Gladys Showalter

3 large green peppers, grind separately
1 tablespoon water
A little salt

Grind the peppers separately. Add water and salt. Allow to sit for about 10 minutes, then drain.

1 medium onion
3 pickles (dill, mixed or sweet)
1/2 pound cheese (American)
1/2 pound baked ham

After you grind the peppers, grind onion, pickles, cheese and ham. Mix with the drained peppers. Add mayonnaise or salad dressing. Makes about 1 dozen sandwiches.



PINEAPPLE UPSIDE DOWN HAM LOAF

Sherry Hice

- 1 tablespoon butter or oleo
- 1/2 cup dark brown sugar
- 1 (13 1/2-ounce) can crushed pineapple (save the juice)
- 3 maraschino cherries, quartered
- 1 1/2 pounds ground ham
- 1/2 pound ground pork
- 1 egg
- 1 cup soft bread crumbs
- 2 tablespoons prepared mustard
- A little milk

Preheat oven to 350 degrees. Slowly melt butter in an 8 x 8 x 2-inch pan. Stir in sugar, mix until smooth. Remove from heat. Spread pineapple over sugar mixture in pan and arrange cherries. In large bowl, mix meat with bread crumbs, mustard, and liquid consistency of pineapple juice, and enough milk to make 1 cup. Mix well. Spoon meat mixture evenly over pineapple in pan. Bake 1 hour, drain off excess liquid. Invert pan so that pineapple is on top. Serves 8.

This recipe reminds me of an ex-boyfriend. Every year on the 4th of July, we would go over to Ron's mother's house for a picnic. We were all asked to bring a covered dish. Well, since this was our first year together, I wanted to make a special dish that no one every tasted before. So I tried a recipe called Pineapple Upside Down Ham Loaf. It turned out to be very luscious.

Ron's mother said it tasted heavenly and that on every holiday I had to make my special recipe. So I guess what I'm trying to say is that this recipe really made me feel accepted and loved for my talents and myself. It really made me feel special when Ron's mother asked me to make my ham loaf on every holiday. So whenever I think of this recipe I think of very joyous times.

Wow!
JELLY RIGFEET



STUDENTIA

(Jellied Pigs Feet)

Anna Mikula

3 pounds pigs feet, chopped half lengthwise

Water

1 tablespoon salt

1/8 teaspoon pepper

1/4 teaspoon paprika (optional)

Clove of garlic

Singe pigs feet by holding over flame or burner. Wash thoroughly with boiling water. Add fresh water—just enough to cover, bring to boiling point and skim, if necessary, simmer slowly. Add garlic, salt, pepper, paprika. Cook until the bones fall apart, about 4 or 5 hours. Pour into a mold and let stand in frigidaire.

Recipe Favorites

Breads



Helpful Hints

Those of you who love to barbecue but don't want to ruin your diets should enjoy our low-calorie barbecue hints.

In order to make meat treats extra special, do not eat fast-food burgers and sandwiches, but take the time to make home-cooked dishes that allow you to truly savor the meat. When preparing sauces and marinades for red meats, use little oil. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

Do not overcook your meats when barbecuing! Well-done meat and charred foods have been shown to contain cancer-causing agents, and should be stricken from your diet.

When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, there isn't much to be done about the marbling. Stay away from well marbled cuts of meat.

If you are trying to lose weight, maintain your weight, or just to reduce your fat intake for health reasons, perhaps you should rethink some of your favorite traditional recipes. We can reduce the amount of oil, butter, margarine and/or salt called for in a recipe without much change in taste. You can start by cutting the fat (oil, butter or margarine) called for in a recipe right in half, and while you're at it, do the same to the amount of salt called for. Of course, this trick does not work with deep-fried foods. Deep-fried foods are best reserved for special occasions, as rare indulgences! Home from work late with no time for marinating meat...? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you will have succulent, tender meat.

HERBAL VINEGARS

Vinegar was once used only as something you either mixed with oil for your salads or with water to wash your mirrors and windows. No more! Today, vinegars come in a variety of flavors, from garlic and dill to raspberry and blackberry. What is all the excitement about herbal vinegars?

For one thing, it is a great boost for dieters looking to add flavor without the calories to vegetables and main dishes. For gourmet tastes, check your local grocery for the many vinegars available. Use a sweet basil vinegar for marinating fresh sliced tomatoes or add a dash to your tomato juice, tomato soup or vegetable juice cocktail.

CEREGI
(Fritters — Hungary)

Mary Ihnok

1 stick oleo
1 cup sugar
2 eggs
1 cup canned milk
1 shot of whiskey
5 cups flour
1/3 teaspoon salt
3 teaspoons baking powder

Cream oleo and sugar together, add eggs, milk and whiskey and blend well. Sift dry ingredients and add to first mixture, add more flour if dough is too soft and clings to hands. Use just enough flour to make a soft dough. Roll out on floured board to about 1/4 inch thickness. Cut into squares or triangles. Make a slit in center of a square. Pull one end through the slit. Deep fry in hot shortening about 375 degrees until golden brown. Drain and sprinkle with powdered sugar.

PALASCINTA

(Hungary)

Irene Arcez

1 cup flour
1 tablespoon sugar
1 cup milk
2 eggs
1 teaspoon vanilla

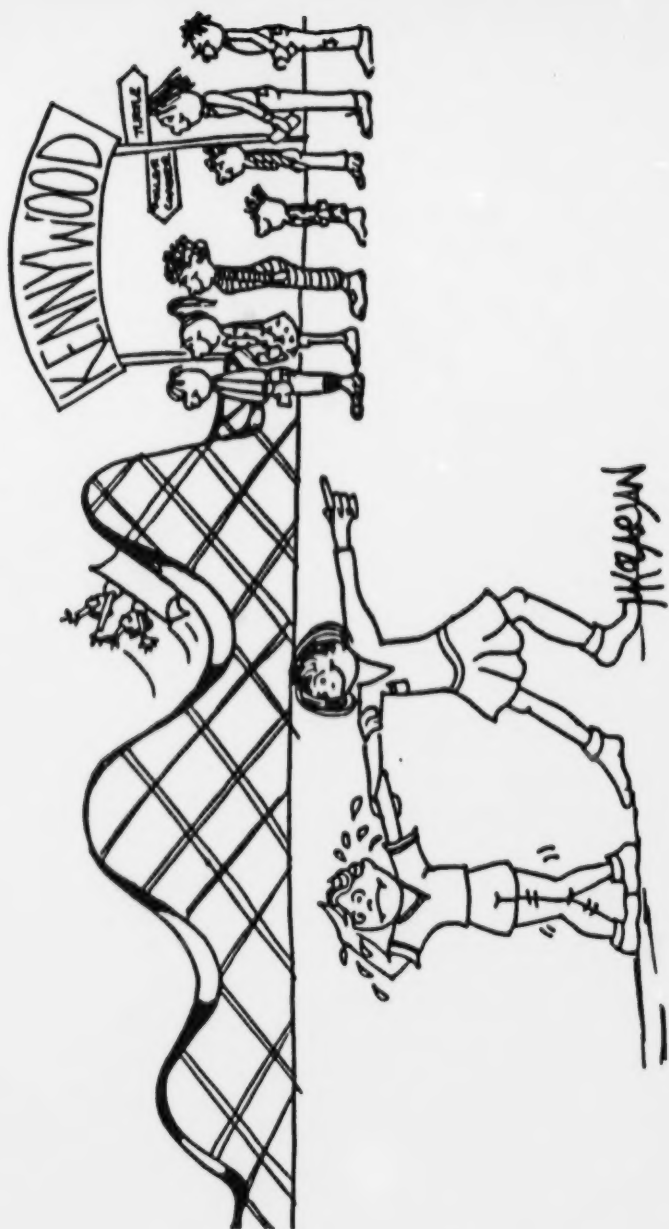
1. Beat the eggs until very fluffy; add sugar, milk and vanilla and mix well. Add the flour and mix well.
2. Spoon 3 tablespoons of batter into a 7-inch greased hot skillet, tilting so batter will cover bottom completely. When batter has set, turn palascinta over and slightly brown other side. Remove to warm plate. Repeat process until all batter is used.
3. Spread each palascinta with filling and roll up as a jelly roll. Sprinkle with confectioners' sugar.

SUGGESTED FILLINGS

Cottage Cheese: Mash 1 pound dry cottage cheese with fork; then heat with mixer. Add 1 egg, $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ teaspoon vanilla and beat well.

Lekvar: This is Hungarian term for prune butter; it may be purchased ready made.

Cherry: Sweeten and thicken with cornstarch (or tapioca) home canned, fresh or frozen sour pitted cherries. Or you may use one of the prepared cherry pie fillings.



PUPAKY

(Czechoslovakia)

Peter Barok

We cut buns. We heat milk to scalding. We cover the buns with the hot milk. We shower it with ground poppy seed and powdered sugar. Then we mix it together. Then we take pictures and act real silly while somebody else cleans up the mess.

Peter was originally a student in the ESL program at FCCAA. Peter majored in economics in college, and now he majors in theology at the Komensky University. He studied English for 12 years. He stayed at Saint Anthony's Franciscan Friary for two months in Uniontown in order to learn English. While in the United States, Peter went to Kennywood, but he did not ride the roller coaster. He traveled to Philadelphia, New York, Washington, D.C., Niagara Falls and Akron, Ohio. He is now back in Czechoslovakia eating Pupaky.

OUR CHRISTMAS

We buy gifts for our relatives before Christmas. We clean the house. On Christmas, we prepare a tree and cook a good supper. Before supper, we pray. Then we eat. We eat roast carp. Our family eats all together. We don't eat in a restaurant. After supper, we go to the Christmas tree, and we look at our gifts. Then we sing Christmas songs or get together or play more games or look at TV. At twelve o'clock, we go to church for Christmas mass.

OUR CHRISTMAS FOOD

At first we eat soup from sauerkraut. Then we eat roast fish with potatoes or rice. The fish we roast in bread crumbs. Then we eat cakes and fruit.

SCONE BREAD

(Ireland)

Tom Noone

Makes 2 loaves.

4 cups flour
Dash salt
4 teaspoons baking powder
1/2 teaspoon baking soda
3/4 cup sugar
1 cup raisins
1 1/2 sticks margarine
3 eggs
1 cup milk
1 teaspoon vanilla

Beat eggs, vanilla, and milk together. Add melted margarine. Sift dry ingredients into a large bowl. Stir in raisins and liquid ingredients. Mix until all batter is mixed in. Bake one hour at 325 degrees.

Regular scones are like a baking powder biscuit that can be grilled or baked. There is a lot more sugar in scone bread than in regular scones. Scones are served with tea. The Irish observe tea time as do the English—they just don't make as big a deal about it. Scone bread is used for breakfast or for dessert.

In Ireland, the main meal is eaten at lunch time. The evening meal is referred to as a meat tea or a fish tea—a meat or a fish dish served with bread and tea usually around 8 o'clock at night.

There's no constitution in Ireland, so there's not the separation of church and state. The parish priest is a strong political influence in Ireland. They take the roof off the old stone house so that it won't be taxed.

Recipe Favorites

Soups/Side Dishes



Helpful Hints

- Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.
- To freshen your dishwasher, run it on rinse with some baking soda.
- Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.
- Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candles, matches and tape.
- Egg whites need to be room temperature for greater volume when whipped.
- To freeze eggs: Spray ice cube trays with oil. Beat eggs and add 3/4 teaspoon sugar and 1/4 teaspoon salt for every 1/2 dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.
- A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.
- Use steel wool covered with fabric for a pin and needle sharpener. Attach curtain rings on drawstring ties and the ties will not come out.
- Separate 2 glasses by filling the inside one with cold water and setting the other in hot.
- Old Amish Proverb: Eat it up, wear it out, make it do, or do without!
- Organize coloring books and crayons with a dish drainer.
- For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.
- Before scalding milk, rinse pan with cold water for easy clean up.
- Getting the catsup out of the bottle isn't so tough. Insert a drinking straw, push it to the bottom of the bottle, and then remove. Enough air will be admitted to start an even flow.
- Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.

CASOILA

(Portugal)

Bill Lopes

4-5 cups of water

1 (3-pound) shoulder of ham, cooked and shredded thinly

2 pounds liver, raw and diced

2 large onions, diced

6 large peeled oranges

Salt

Pepper

4 green peppers, lengthened

Place ham, liver, onion, green peppers in large cooking pot. Squeeze oranges into pot along with the other ingredients, kneading through like dough, making sure it is thoroughly mixed, add 3 or 4 tablespoons of salt and pepper. Add water and put over medium heat. Cook until everything is a light brown or tan color. Serve hot on bulky roll.

BB'S PICNIC BEANS

Prepare the following "Sauce" the day preceding the cooking of the beans.

The amounts used in the preparation of the sauce are sufficient for a 5 to 8 pound quantity of Campbell's, etc. Pork and Beans.

Sauce:

- 1 pound dark brown sugar**
- 2 ounces dry yellow mustard**
- 1 teaspoon salt**
- 1/2 teaspoon garlic salt (optional)**

Thoroughly blend/mix dry ingredients.

Add:

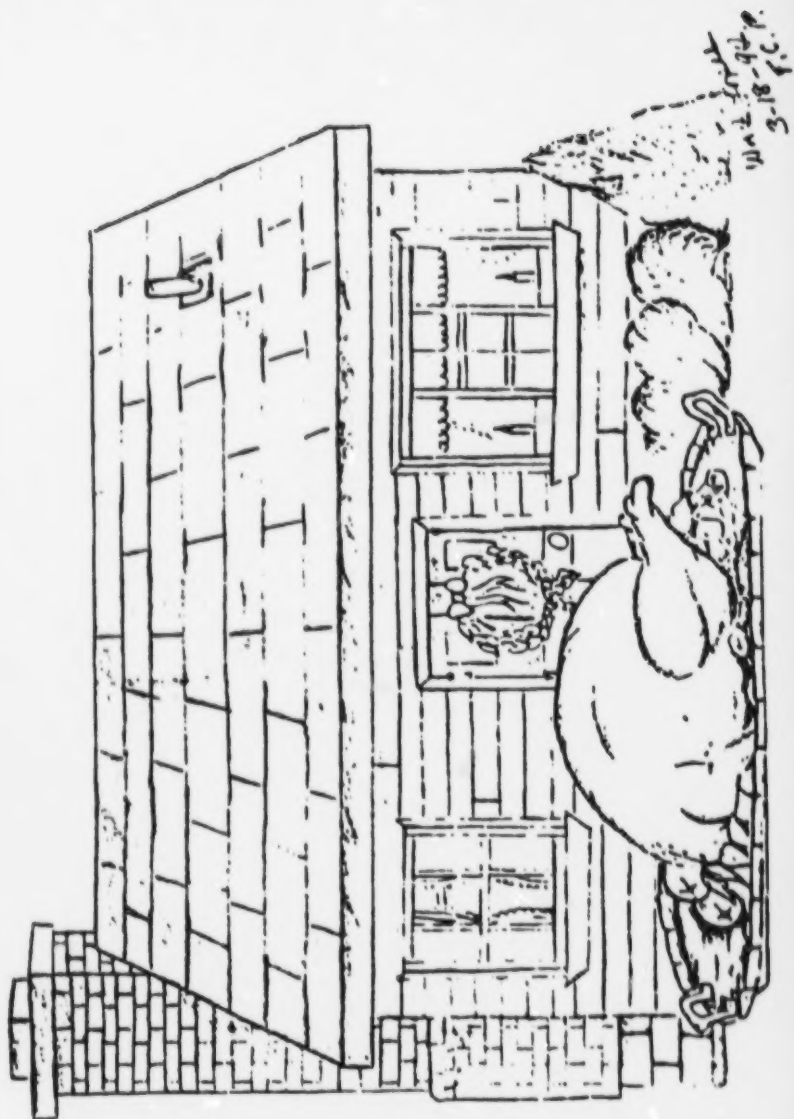
- 3 ounces Jamaican Rum (dark or light)**
- 2 ounces red wine**
- 2 ounces white cooking wine**
- 2 ounces apple cider vinegar**
- 2 ounces distilled white vinegar**
- 2 tablespoons Bar-B-Que Sauce**
- 1/8 teaspoon hot sauce**
- 2 ounces Regina wine vinegar**

Mix well into the dry ingredients and stir occasionally during the 25 hour "fermentation" period.

Cooking: Add sauce to desired quantity of beans—cooked ham or a 98% fat free ham (Danish imported) and Kolbassa can also be added at this time. The meats should be diced finely and optional quantities of finely diced onion and parsley flakes can also be added to the "Bean Pot."

Time: Cooking should be at the high setting of the Bean Pot—usually 5 on the scale for about 2-3 hours. Reduce, with occasional stirring, and continue to cook for at least two additional hours.

Serving: Embellish with "Bacon Bits" and, possibly, fine dicings of imported ham. Serve your guests while beans are hot—on a low setting of the Bean Pot—about 1-2 on the heating scale should be sufficient.



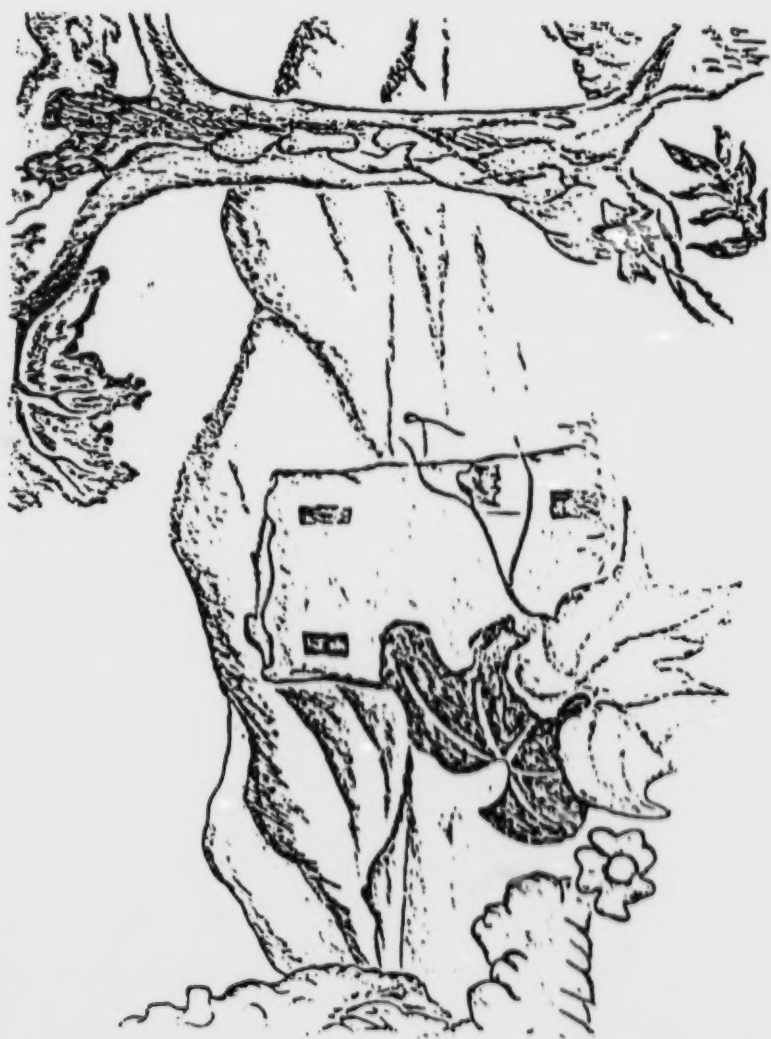
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CHRISTMAS EVE MUSHROOM SOUP

Sister Sylvestra

7 cups chopped fresh mushrooms
3 quarts water
1 quart sauerkraut juice
Salt and pepper to taste
1 small onion
3 tablespoons butter

Cook mushrooms in water about one hour. Brown butter and onion. Add flour. Brown well. Add sauerkraut juice and boil for five minutes. Add to soup and boil one half hour.



COLCANNON

(Ireland)

2 pounds potatoes
Boiling water
3 teaspoons salt
4 cups shredded green cabbage
1 1/2 cups sliced scallions
1/3 cup milk
1/2 cup butter or margarine
1/4 teaspoon pepper

1. Pare potatoes. Cut each into quarters.
2. In 1/2 inch boiling water with 1 teaspoon salt, in medium saucepan, cook potatoes, covered for 15 to 20 minutes or until fork tender and completely cooked. Drain. Return pan to low heat, shaking to dry potatoes.
3. Meanwhile, in 1/2 inch boiling water, with 1/2 teaspoon salt, in medium saucepan, cook the cabbage, covered for 8 to 10 minutes or just until tender. Drain well.
4. Heat scallions with milk and 1/2 teaspoon salt. Bring to boiling; reduce heat; simmer 10 minutes.
5. In saucepan, with electric mixer at medium speed, beat potatoes with 4 tablespoons butter, 1 teaspoon salt, and the pepper. Beat in scallions and hot milk, beating until potatoes are very light and fluffy.
6. Stir in cabbage, combining well. Beat over low heat 5 minutes.
7. Turn colcannon into heated serving dish. Make depression in center; fill with remaining butter.

Makes 8 servings.

Colcannon is traditionally served at Halloween. At this time, the Irish hide a thimble, a ring, a coin, and a button in the **colcannon**. The thimble represents spinsterhood, the button bachelorhood. The one who finds the ring will be the first to wed. The one that finds the coin will have good luck and wealth. Colcannon is called "champ" in the north of Ireland. In some sections of the west, it's called "bump."

IRISH CHRISTMAS TRADITION

At Christmas there is always a light in the window for anyone who might be about to show that the welcome was always out for them. Dinner on Christmas Day is roast goose. The first goose of the season is eaten for Michaelmas Day on the 29 of September. The Irish love roast goose and always have one at Christmas. They raise them domestically as we do chickens.

HUMMOUS TAHINI

(Middle East)

Liz Elias

1 can chick peas boiled 10 minutes
1½ cups sesame paste (tahini)
½ teaspoon cayenne
Juice of 5 lemons
5 garlic cloves (crushed)

Put ingredients in a food processor and mix until smooth. Add water or lemon juice if needed. To serve, pour olive oil over and sprinkle with paprika. Serve with black olives and thin bread.



JAG
(Portugal)

William Lopes

- 2 cups white rice
- 1 large onion
- 2 green peppers
- 3 cups lima beans, drained (you can also use kidney beans)

Prepare rice as usual or according to directions. While rice is cooking, dice onions, peppers and cut lingueca in large frying pan. While vegetables are still crisp, add rice and lima beans. Turn up heat and let fry until rice gets color to it. Season with salt, pepper and Tabasco to taste.

Jag is an excellent staple and can be used as a side dish as well as for breakfast. Jag is a varied recipe depending on how much rice and beans one can tolerate.

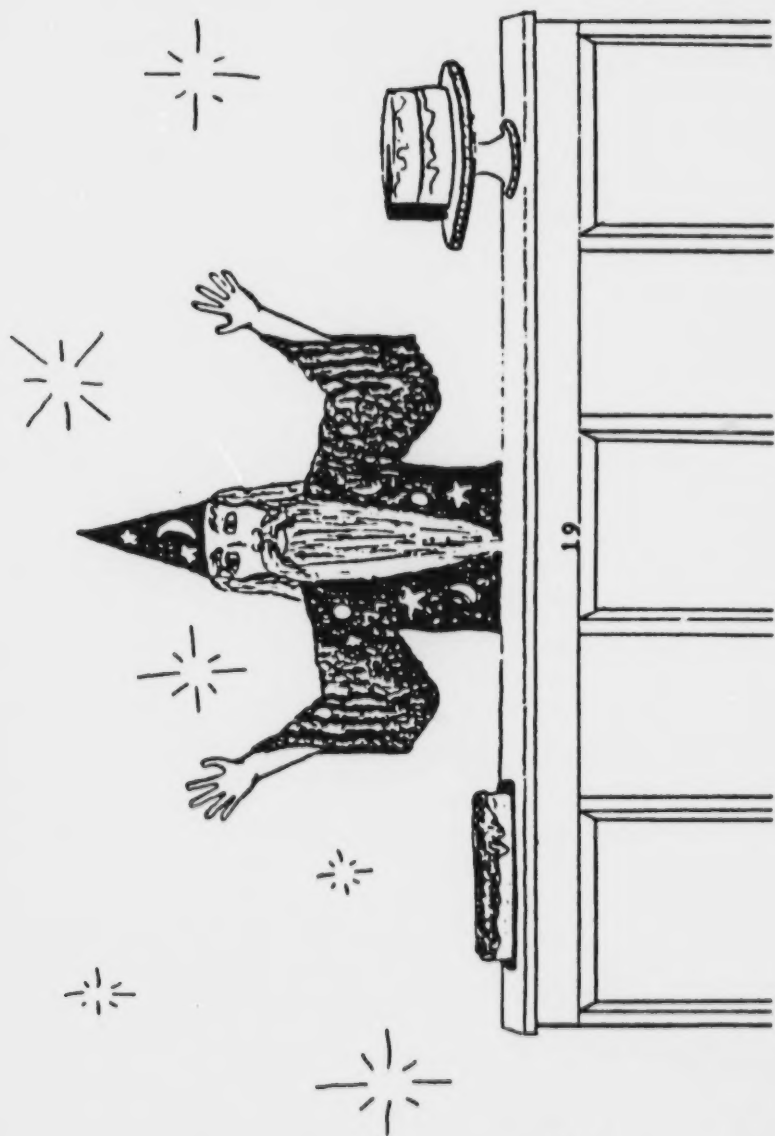
Recipe Favorites

Desserts



Helpful Hints

- Bananas that have darkened can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard or brown.
- Use shortening, not oleo or oil to grease pans, especially for bread, as oleo and oil absorb more readily into the dough or batter and do not help to release baked goods from pan.
- Use metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baked.
- Self-rising flour: 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder. Mix well and store in tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm and if you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When cooking in glass pans, reduce oven temperature by 25 degrees.
- When milk is used in making bread, you get a finer texture. Water makes a coarser bread.
- To prevent scorching when scalding milk, first rinse pan in hot water.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may have not been hot enough.
- Nut breads are better if stored 24 hours before using.
- To make bread crumbs, toast the heels of bread and put in blender or food processor.
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.



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BLACK MAGIC CAKE

- 1 $\frac{3}{4}$ cups flour
- 2 cups sugar
- $\frac{3}{4}$ cup Hershey cocoa
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 eggs
- 1 cup strong coffee
- $\frac{1}{2}$ cup vegetable oil
- 1 teaspoon vanilla
- 1 cup buttermilk or sour milk (1 cup milk + 2 tablespoons vinegar)

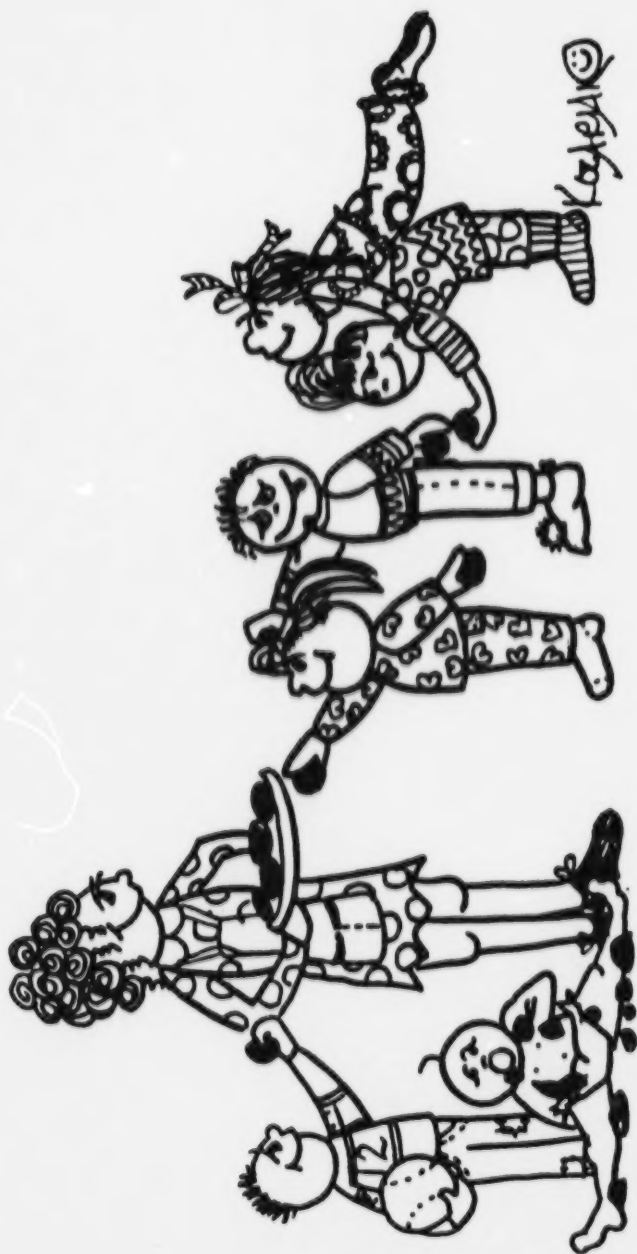
Combine dry ingredients.

Add remaining ingredients.

Beat at medium speed for 2 minutes.

Pour into greased and floured pan (13 x 9 x 2 inches).

Bake at 350 degrees for 35-40 minutes or until toothpick comes clean.



BUDGET COOKIES

(East Coast)

Marge Kozarian

2 cups sugar
1/2 cup milk
1 stick oleo

Mix, heat and boil 2 minutes. Remove from heat and add the following:

2 tablespoons cocoa
1/4 cup peanut butter
1 teaspoon vanilla
Salt
3 cups quick oats

Mix. Spoon out immediately.

I found, in the sixties, when my friends came with their children to play in our pool, etc., that within one hour, at least one child (either theirs or mine) out of the six or more we always had would whine, "I'm hungry." Less than six of these cookies and a full glass of milk was a quick and enduring cure. The oats swelled in their little stomachs and they stayed "full" until they left.

CHRISTMAS EASTER EGGS

3 cups sugar
3 tablespoons Karo
1 cup water

Cook to a very soft ball. Cool. Beat until creamy. Work in nuts, coconut or flavorings, and spread with melted chocolate if desired.

HILLBILLY HEAVEN

When I was about 10 years old, my favorite TV show was the "Beverly Hillbillies." I had this weird ritual of sitting in my bedroom and drinking ice water while I watched them every Wednesday night. One fateful night as I prepared to nestle in my seat on the bedroom floor to enjoy my favorite show, I dropped my glass of ice water. Like an idiot (don't ask me why I did it—I think I've blocked it from my memory), I started walking all over the shards of glass. As it happened, I was in my bare feet, so the skin on the sole of my right foot got really punctured.

I ran into the bathroom and stuck my foot in the tub, thinking that the water had magic healing powers. I sat there, probably listening to the Hillbillies, and when I looked into the tub water it was red with blood, so I figured I'd better go and tell my mom.

I started hopping down the steps on my left foot, the good foot. The other foot—the damaged one—I cradled in my arms as I hopped down the steps, trying not to get blood on my mom's new carpet. Needless to say, it didn't take long (about halfway) for me to fall on my butt and tumble down the rest of the steps. This adventure resulted in what felt like a broken ankle—now both my feet were useless!

Dad carried me to the car, then out of the car to the emergency ward where we had one of those typical glarey lighted, purple faced people emergency ward nights. There's something about emergency wards—you know—no matter how bloody or bad off you are, there's always somebody more mangled who makes you feel guilty for even being there needing care.

I was out of school for two weeks with stitches in one foot and a sprained (not broken but sometimes more painful, said the doctor) ankle. My mother waited on me hand and foot for a while and then gave me the girl scout sit-upon to scooch around on my knees.

The most memorable part of the story, though, were the lunches she would give me: toasted baloney sandwiches, Nestle's Quik, and Magic Christmas Balls. Grandma knew how much I loved the candy eggs that she created at Easter, so she made them into round balls and gave me a whole cookie tin full of hand-sized, chocolate coated, maple nut flavored hunks of heaven as a Christmas present. These really made my convalescence special, and as I munched them daily while watching "Jeopardy", I thought to my ten year old self, "Life just doesn't get any better than this." The sad thing is, I was probably right.

MAN'S CAKE

(Slovak)

Sister Sylvestra

1/2 cup Crisco
2 teaspoons baking powder
1 cup sugar
1/2 teaspoon salt
2 eggs, separated
1 cup strong coffee
2 1/4 cups flour
1/4 cup walnuts, chopped
1 teaspoon vanilla

Blend Crisco, sugar and egg yolks well. Then add sifted flour, baking powder and salt. Then add alternately with coffee and vanilla. Lastly add beaten (stiff) egg whites. Fold them in. Bake in tube pan at 350 degrees for one hour.



ORIGINAL RED VELVET CAKE

Patty Jordan

$\frac{1}{2}$ cup shortening
 $1\frac{1}{2}$ cups sugar
2 ounces red food coloring
2 tablespoons vanilla
2 teaspoons cocoa
1 teaspoon soda
1 tablespoon vinegar
2 eggs
 $\frac{1}{2}$ teaspoon salt
1 cup buttermilk
 $2\frac{1}{2}$ cups flour
1 teaspoon baking powder (add to flour)

Cream shortening and flour. Add eggs and mix well. Mix food coloring and cocoa. Add to cream mixture. Add salt to buttermilk. Mix alternately with flour and baking powder. Add vanilla to creamed mixture. Add soda to vinegar. Add to cake by blending. Do not beat. Bake in greased and floured cake pan at 350 degrees for 25-30 minutes.

FALL FROM GRACE

This cake fell when Patty made it for Rose although it had never fallen in the ten years that Patty made it before.

SPICE CAKE

Dianna Lux Buzanas

Cream together:

2 cups brown sugar
3/4 cup shortening
4 egg yolks

Sift three times:

2 1/2 cups cake flour
1 teaspoon baking powder
1 teaspoon cinnamon

Add alternately:

1 cup sour milk
1 teaspoon soda
1 cup nuts
1 teaspoon vanilla

Add lastly:

2 beaten egg whites

Topping: Beat 1 cup brown sugar into 2 beaten egg whites. Bake at 350 degrees until cake is done and topping brown.

Recipe Favorites

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Recipe Favorites



COOKING TIPS



- ▶ After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks - it will have twice the flavor.
- ▶ To slice meat into thin strips, as for Chinese dishes - partially freeze and it will slice easily.
- ▶ A roast with the bone in will cook faster than a boneless roast - the bone carries the heat to the inside of the roast quicker.
- ▶ Never cook a roast cold - let stand for at least an hour at room temperature. Brush with oil before and during roasting - the oil will seal in the juices.
- ▶ For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
- ▶ To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.
- ▶ To keep cauliflower white while cooking - add a little milk to the water.
- ▶ When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
- ▶ To ripen tomatoes - put them in a brown paper bag in a dark pantry and they will ripen overnight.
- ▶ Do not use soda to keep vegetables green. It destroys Vitamin C.
- ▶ When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb all odor from it.
- ▶ Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- ▶ Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french-fried potatoes.
- ▶ Used greased muffin tins as molds when baking stuffed green peppers.
- ▶ A few drops of lemon juice in the water will whiten boiled potatoes.
- ▶ Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.
- ▶ Do not use metal bowls when mixing salads. Use wooden, glass or china.
- ▶ Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.
- ▶ To keep celery crisp - stand it up in a pitcher of cold, salted water and refrigerate.
- ▶ Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes and you'll repair the damage. Just add a little more liquid to offset the thickening.



Adult Enrichment Center International Cookbook 1989-90

This cookbook is dedicated to the students and staff of the Adult Enrichment Center who contributed time, expertise, and, most of all, their favorite recipes.

Special thanks to:

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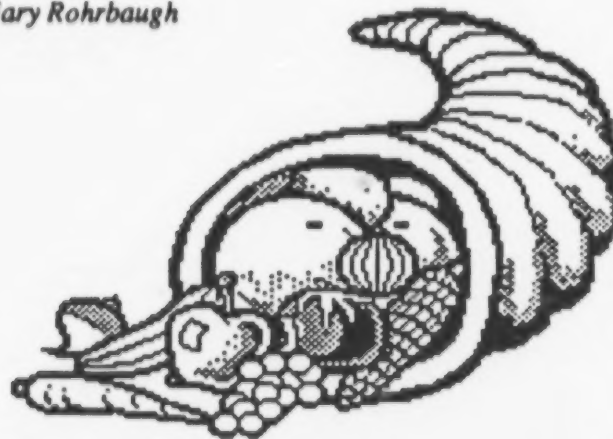
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The Adult Enrichment Center, part of Lancaster-Lebanon Intermediate Unit 13, offers adult students of all ages the opportunity to improve basic skills in reading and/or math, study for the General Educational Development (GED) examination, or become proficient in the English language. Classes, which are provided free of charge, are offered during both day and evening hours in order to accommodate varied work and transportation schedules.

Each year, more than twelve-hundred (1200) adults choose to participate in the Center's educational program. With students from more than eighty (80) countries represented, the Center offers the adult learner a wealth of cultural diversity and the opportunity for individualized study in a supportive and caring atmosphere. Academic and career counseling are available to help adults design a program of study specifically suited to their needs.

The following are some of the many study options available to adults through the Adult Enrichment Center:

Adult Basic Education (ABE) Instruction - Adults who want to improve their basic skills in reading and/or math work with the classroom instructor and volunteer tutors to meet individual goals. The student/instructor ratio in an ABE classroom is consistently low so that students frequently receive one-to-one instruction.

Career Testing and Counseling - Many adults hesitate to return to school because they are uncertain about career options and feel undecided about their future goals. Some adults see themselves as trapped by childcare and/or transportation problems, financial burdens, learning disabilities, work schedules, etc. The Adult Enrichment Center works with students to present options and resolve those conflicts that block the path of further education and a satisfying career.

English as a Second Language (ESL) Instruction - Limited English proficient adults receive instruction in all facets of the English language including speech, reading, writing, listening skills, and enculturation. Classes are offered at the beginning, intermediate and advanced levels with special emphasis on those competencies the adult learner will need to function effectively within the community.

General Educational Development (GED) Instruction - Classes to help students prepare for the GED examination are offered in both English and Spanish. Students are pretested to determine strengths and weaknesses in each of the five subject areas (Writing Skills, Social Studies, Science, Literature and the Arts, and Math), and an individual course of study is designed for each learner. Some adults, who have already earned a high school diploma or GED, choose to attend GED classes to brush up on skills such as composition or algebra in preparation for attending technical schools, colleges or universities. GED instructors also coach students who are preparing for the Scholastic Aptitude Test (SAT).

Test of English as a Foreign Language (TOEFL) Preparation - Adults who learned English as a foreign language or attended high school in a non-English speaking country are often required to take the TOEFL examination prior to admission at an American college or university. The Center's TOEFL preparation class is designed to help these adults improve their scores on this test by teaching those specific skills the TOEFL test measures.

Workforce Education Classes - When a business has approximately fifteen (15) workers interested in adult education classes, funds may be available to place a class directly in the worksite. These classes are not only convenient for the workers, but they also help companies increase productivity and encourage advancement in the workplace. Lancaster-Lebanon Intermediate Unit 13 has one of the largest and most successful workforce education programs in Pennsylvania.

PREFACE

It has long been a tradition at the Adult Enrichment Center to celebrate our many achievements with the sharing of food from cultures all over the world. Because of the Amish and Mennonite influence in this area, Lancaster County has always had a reputation for good "home cooking". Yet, few people outside the city of Lancaster realize the cultural diversity that exists in this area.

This cookbook was undertaken at the request of students and staff. With few exceptions, the recipes appear in this cookbook exactly as they were submitted. In some cases, the wording, spelling and/or grammar have been changed slightly for clarification purposes, but the ingredients and procedures have been reproduced exactly as submitted. In cases where we suspected an error or oversight, we have included a note from the editors. Please note that these recipes were not tested prior to publication, and many of the students who have contributed to the cookbook are limited English proficient. Part of the impetus for this project was to create a high interest learning experience for English language students. Students worked very diligently to convert measurements and translate difficult cooking terminology from their native language to English. None-the-less, there are bound to be errors we didn't spot.

Whenever possible, we have included the origin of the recipe and any other information provided about the history or traditions surrounding the dish. If the origin of the recipe was not given, we did not attempt to "guess". In the same vein, we did not convert metric measurements to their U.S. equivalents. A conversion chart is included on page 115.

A multilingual glossary has also been included in the cookbook to assist limited English proficient adults with some of the cooking terminology. Since the glossary was prepared by student volunteers from the Center's ESL classes, we have no way of judging the accuracy of the translations. In fact, we discovered that the language of food is far from universal. In some languages, it is impossible to translate words such as grate, saute and toss. Still, our translators did their best to approximate the meanings whenever possible.

In the final analysis, this project was both more work and more fun than anticipated. We think it is fair to say that everyone involved learned a great deal about the nature of language and of food. We hope you will take a moment to complete the feedback form that accompanied your copy of this cookbook so that we may continue to learn from your comments and suggestions. Bon Appetit!

The Editors

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ACARA

1 Pound of Black Eyed Peas
1 Tablespoon of Salt

1 1/2 Cups of Water
Peanut Oil

Origin: Senegal (West Africa)

1. Soak peas overnight in cold water.
2. Dissolve salt in 1 1/2 cups of water.
3. Process peas in a food processor until coarse.
4. Little by little, add the salt water to the coarse peas until you have a smooth puree.
5. Heat three or four inches of peanut oil in a frying pan until it is hot, but not smoking.
6. Test whether oil is ready by putting a little bit of puree in the oil. If it fries quickly, it's ready.
7. Drop the puree in the oil little by little using a teaspoon. Do not cook more than five or six teaspoons at one time.
8. The acaras are cooked when they are a medium brown.
9. Use a slotted spoon to take the balls out of the oil.
10. Place on a paper towel to absorb excess oil.
11. Serve immediately.

Acaras are eaten like a snack in Senegal. Late in the afternoon, a woman comes with a big bowl of these small pea-balls and hot, spiced tomato sauce. The biggest buyers are the tailors who do not have time to leave their work for dinner, especially during the holiday season. The women pass every shop selling acaras, and never return home with left overs.

I like acaras so much that the first time I saw the peas in the supermarket I decided to try the recipe. I had never made them before, but I had observed an African friend making them at home. So, I tried to make it here, and it works!

Serve Acara with your favorite homemade tomato sauce. It is traditionally served with an oniony tomato sauce.

Samir Salman



EGG ROLLS

5 Grated Carrots
3 Pounds of Ground Pork
2 Packages of Egg Roll Shells
3 Tablespoons of Sugar
1 Teaspoon of Salt
2 Teaspoons of Black Pepper

3/4 Small Head of Cabbage (Chopped)
4 Small packages of Vermicelli
(bean thread noodles) cut 1 1/2
inches long
1 Teaspoon of MSG
2 Cups of Vegetable Oil

Makes 50 Egg Rolls

Origin: Cambodia

1. Mix all ingredients and wrap in egg roll shell.
2. Dip in whole egg (just a bit) to seal egg roll.
3. Heat vegetable oil until it is very hot.
4. Fry egg rolls until they turn brown.

Khom Tuy

EGG ROLLS

10 Egg Roll Shells
3/4 Pounds of Ground Pork
3/4 Pounds of Shrimp
1 Pound of Cabbage
1/2 Bag of Chinese Noodles
2 Cups of Oil

1 Egg
1 Teaspoon of Salt
2 Carrots
1 Small Onion
1 Teaspoon of Sugar

Makes 10 Egg Rolls

Origin: Vietnam

1. In a food processor, combine pork, onion, and shrimp.
2. Add carrots, cabbage, salt, and egg.
3. Mix all above ingredients together and then roll in the egg roll shells.
4. Heat the vegetable oil until it is very hot.
5. Put the egg rolls in the oil and fry until they are brown.
6. Put the egg rolls on a big plate and serve with sweet and sour sauce.

This is a Vietnamese recipe I got from my grandmother.

Muon Do

EGG ROLLS

1 Bag of Bean Thread (8 Ounce)
4 Ounces of Black Mushrooms
8 Ounces of Cooked Mung Bean
1 Pound of Shredded Cabbage
1 Teaspoon of Salt
Cornstarch

1 Pound of Meat (Any Kind)
2 Packages of Egg Roll Shells
1 Large Onion
1 Pound of Shredded Carrot
2 Tablespoons of Sugar
Vegetable Oil

Makes 50 Egg Rolls

Origin: Vietnam

1. Soak black mushrooms overnight and cut into small pieces. Throw away stem if still attached.
2. Mix all ingredients together and wrap in the egg roll skins.
3. Use dissolved corn starch to seal the ends of the egg roll skins.
4. Heat vegetable oil until it is very hot.
5. Fry egg rolls in hot oil until they are brown.

This is my own recipe for egg rolls.

Luong Phan



CRAB DIP

1 Can of Cream of Mushroom Soup
8 Ounce Package of Cream Cheese
1 Cup of Mayonaise
1 Tablespoon of Grated Onion
1 1/2 Tablespoons of Worcestershire
Sauce

1 Package of Plain Gelatin
1/4 Cup of Water
3/4 Cup of Chopped Celery
12 Ounces of Crab Meat
(2 Six-Ounce Cans)

1. Combine all ingredients in a saucepan.
2. Heat on the stove, but Do Not Boil.
3. Grease the fish mold and refrigerate overnight.
4. Set out for one hour before taking out of mold.

Sonya Nelligan

FONDUE

3 or 4 Cloves of Garlic
2 Cups of Dry White Wine
3-4 Shallots (Optional)
2 Loaves of Italian Bread

1.8 Pounds of Cheese
(1/4 Jarlsberg, 3/4 Gruyere)
1/4 Cup of Kirchwasser (Brandy)
Cornstarch

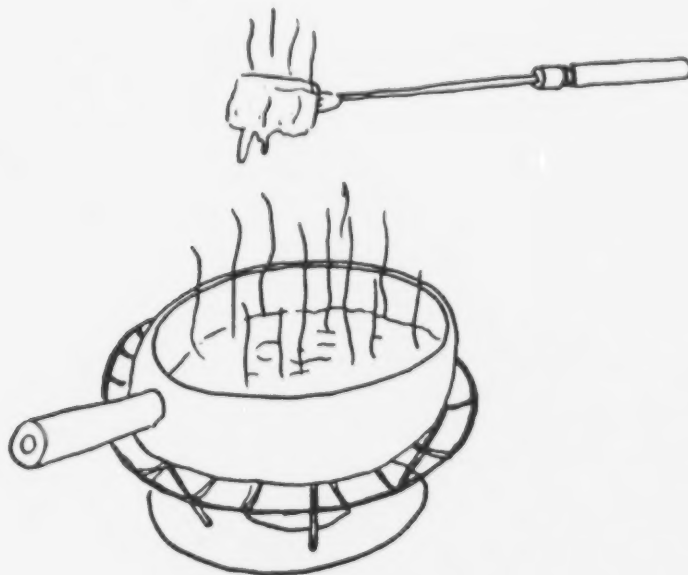
Serves 4

Origin: Switzerland

1. Cut bread into small cubes and place on table.
2. Crush 1/2 clove of garlic against the earthenware fondue dish.
3. Cut shallots in half and put in fondue dish with the rest of the garlic.
4. Heat wine until it starts to boil.
5. Grate cheese into wine.
6. Add Kirchwasser in which you have dissolved cornstarch.
7. Continue to stir in the same direction adding salt, pepper and nutmeg.
8. When cheese seems to get creamier, take pan from stove and put it on the burner.
9. Keep fondue from boiling too high.
10. You eat fondue by placing a cube of bread on a fork and dipping it in the fondue.

This is the recipe of one of the most typical dishes in Switzerland. The ingredients can vary from one area to another. The taste also differs tremendously because of all the different kinds of cheese. But it is fun every time.

Sonia Wyler



ITALIAN WEDDING SOUP

3 Whole Chicken Breasts
1/4 Cup of Chopped Parsley
1/2 Cup of Diced Carrot (Optional)
1 Egg
Salt and Pepper

1/2 Cup of Fresh Bread Crumbs
1 1/2 Quarts of Chicken Broth
Pasta (Optional)
1/2 Cup of Grated Parmesan Cheese

Serves: 6-8 people

Origin: Italy

1. Debone chicken and put it through a meat grinder.
2. To ground chicken, add bread crumbs, cheese, egg, parsley, salt and pepper.
3. Have chicken broth simmering.
4. Roll chicken mixture into small balls (a little smaller than walnuts).
5. Drop balls into simmering broth. Carrots can be added for color.
6. Simmer 10-15 minutes.
7. Add cooked pasta or noodles.
8. Serve in bowls.

Fran Mannino Corse

ITALIAN CHICKEN SOUP

4 Pounds of Chicken
1 Package of Tortellini
2 Tomatoes
Salt and Pepper

1 Onion
2 Pieces of Celery
2 Carrots
Grated Romano Cheese

Serves: 6-8 People

Origin: Italy

1. Boil whole chicken.
2. Cut onions, celery, tomatoes and carrots into small pieces and add to chicken while cooking.
3. Break cooked chicken into small pieces and set some aside for salad (see page 19).
4. Bring broth to a boil and add chicken pieces.
5. Add tortellini, salt and pepper.
6. Serve with romano cheese.

This is a family recipe. This chicken soup is served with chicken salad (see page 19).

Josephine Vellucci

CHAWANMUSHI

1/3 Cup of Chicken Broth
2 Teaspoons of Soy Sauce
1/3 Pound of Chicken Meat
1 Teaspoon of Soy Sauce
Green Leaves
2 Dried Mushrooms

3 Eggs
2 1/2 Cups of Chicken Broth
2 Tablespoons of Sake or Wine
2 Teaspoons of Sugar
1 Teaspoon of Soy Sauce
2 Teaspoons of Salt

Serves 4

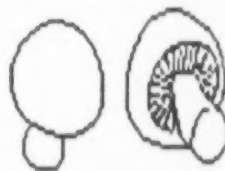
Origin: Japan

1. Wash mushrooms and slice in bite sized pieces.
2. Cook mushrooms briskly in 1/3 cup of broth and 2 teaspoons of soy sauce.
3. Slice chicken meat into eight pieces and soak in 1 teaspoon of soy sauce.
4. Boil green leaves and allow them to cool in the water.
5. Cut green leaves into pieces two inches long.
6. Beat eggs well and combine with 2 1/2 cups of broth, salt, sake, sugar, and 1 teaspoon of soy sauce.
7. Strain egg mixture through a sieve.
8. Fill four Japanese CHAWANMUSHI bowls (or coffee cups) with mushrooms, chicken pieces, green leaves and broth mixture.
9. Put bowls or coffee cups in a steamer or baking pan filled with water up to 1/3 of the height of the bowls.
10. Cover and cook fifteen minutes on top of stove at moderate heat.
11. Serve on a saucer since bowls will be very hot.

This is a very economical dish since only a few eggs are needed. The bulk consists mainly of broth. In summer, Chawanmushi can be served cold. Enjoy it!



Tamae Abe





SOUPE DE COURGE A LA CREME

(CREAM OF PUMPKIN SOUP)

7 1/2 - 8 1/2 Pound Pumpkin with Stem
1 1/4 Cups of Grated Swiss Cheese
Salt
Ground Pepper

3-4 Cups of Croutons*
3-4 Cups of Half and Half
Nutmeg

Serves: 8-10

Origin: Lancaster County, PA

1. Preheat oven to 325 degrees.
2. Cut the top off the pumpkin and save it to use as an attractive cover.
3. With a large heavy spoon and a serrated knife, very carefully scrape out all the seeds and strings, but don't cut the meat.
4. Fill the pumpkin shell 3/4 full with alternating layers of croutons and cheese.
5. Season three cups of Half and Half with salt, pepper and nutmeg.
6. Pour Half and Half mixture into the empty shell.
7. If shell isn't quite full, add more seasoned Half and Half.
8. Cover the pumpkin, place in a shallow pan in the preheated oven.
9. Bake for two hours, stirring occasionally.
10. Bring whole pumpkin to the table on a tray.
11. Ladle into heated soup plates.

***Croutons:**

Cut 6-8 slices of firm white bread into small cubes. Bake in preheated oven (275 degrees) until crisp and lightly browned.

Barbara Tyndall



CHICKEN CORN SOUP

1 Whole Chicken
2 Cups of Whole Kernal Corn
Onion Salt

1 Heaping Tablespoon of Diced Celery
Diced Hard-Boiled Egg
Rivels*

Serves: 6-8 People

Origin: Lancaster County, PA

1. Cook chicken until soft.
2. Remove chicken from bones and return as much as desired to broth.
3. Add diced celery.
4. Add a few grains of onion salt.
5. Cut corn from cooked ears of corn, or add frozen or canned corn.
6. Add corn to broth with diced hard-boiled egg.
7. Add rivels to broth and cook until firm.
8. Serve

Rivels:*

Mix one cup of flour with 1 egg. Form in balls the size of peas. Drop rivels into the broth to help thicken the soup.

Barbara Tyndall

CHICKEN CORN CHOWDER

1 Large Potato, Diced
1 Medium Onion, Chopped
1 Eight Ounce Can of Corn, Undrained
Parsley
2 Cups of Water
1/2 Cup of All-Purpose Flour
1 1/2 Cups of Cooked Cut-Up Chicken

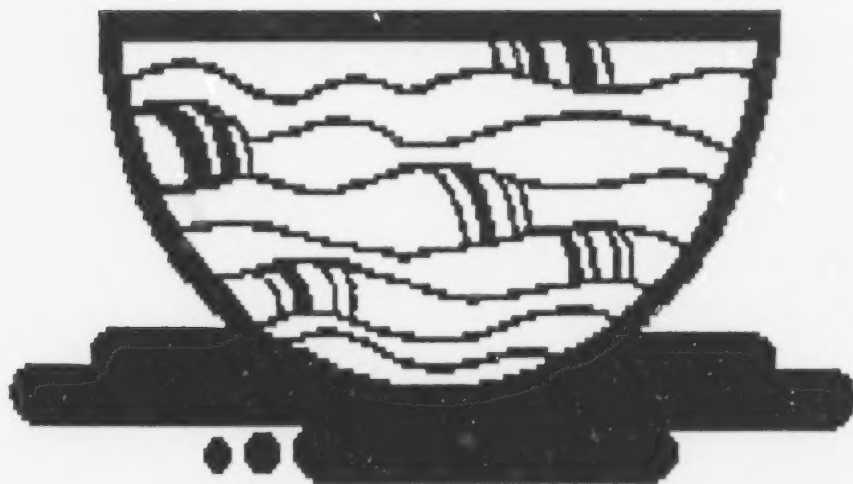
1 Medium Carrot, Thinly Sliced
3 Medium Celery Stalks, Thinly Sliced
10 3/4 Ounce Can of Condensed
Chicken Broth
Salt and Pepper
1 Cup of Milk
2 Cups of Milk

Serves: 6 People

Origin: Southern USA

1. Add potato, carrot, onion, celery, corn, broth, water, salt and pepper in Dutch oven.
2. Heat to boiling.
3. Reduce heat, cover and simmer until tender (about 10 minutes).
4. Shake flour and milk in tightly covered container and gradually stir into hot mixture.
5. Heat to boiling, and boil for one minute.
6. Stir in chicken and remaining milk.
7. Heat over low heat, stirring occasionally, just until hot, about 10 minutes.

Lois Glover



CATFISH GUMBO

1 Pound of Catfish Fillets
1/2 Cup of Chopped Green Pepper
2 Medium Garlic Cloves, finely chopped
2 Cups of Chicken Broth
10-Ounce Package of Frozen Okra
1/4 Teaspoon of Crushed Red Pepper
Salt and Pepper

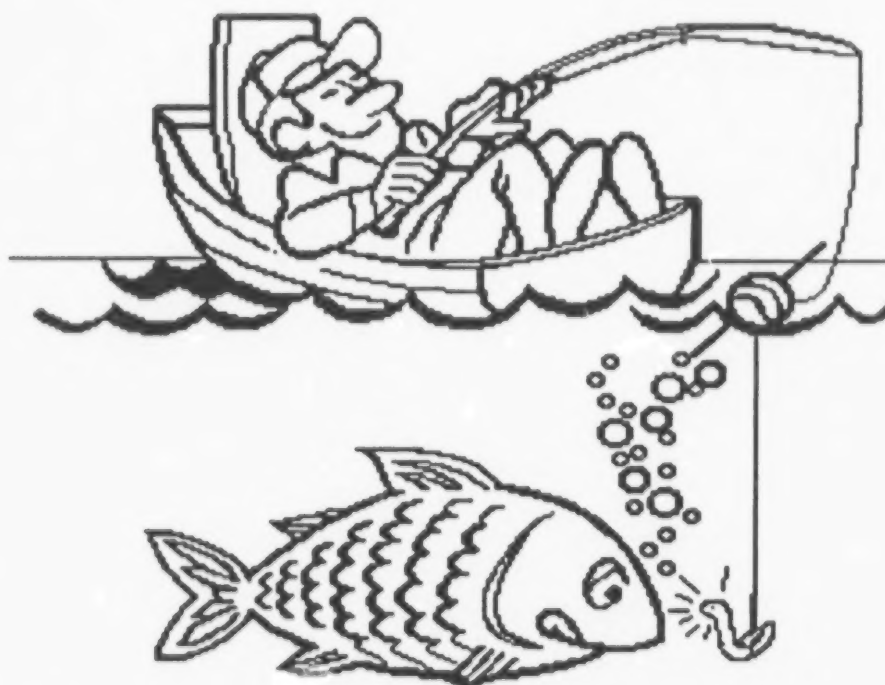
1/2 Cup of Chopped Celery
1/2 Cup of Chopped Onion
2 Tablespoons of Vegetable Oil
14 1/2 Ounce Can of Whole Tomatoes,
Undrained
1 Teaspoon of Gumbo File
1 1/2 Cups of Hot Rice

Serves: 6 People

Origin: Southern USA

1. Cut catfish into 1-inch pieces.
2. Cook celery, green pepper, onion and garlic in vegetable oil in Dutch oven until tender.
3. Add broth, tomatoes, okra, crushed red pepper, gumbo file, salt and pepper.
4. Cover and simmer 20 minutes.
5. Place fish on vegetables.
6. Cover and simmer 15 minutes longer or until fish flakes easily when tested.
7. Serve with hot cooked rice.

Lois Glover



AUNT JENNIE'S HOT SLAW

1 Whole Medium Cabbage
2 Eggs
1/3 Cup of Water

1 Cup of Sugar
2/3 Cup of Vinegar
Big Chunk of Butter

Serves: 8-10 People

Origin: Germany

1. Cut up cabbage and cook in salt water until tender.
2. Drain cabbage completely.
3. Beat two eggs.
4. Add vinegar, sugar and water to eggs.
5. Cook cabbage and dressing on top of stove until heated thoroughly.
6. Add a big chunk of butter.
7. Serve immediately.

This recipe belonged to my Great-Aunt Jennie. I sometimes use the dressing with cold spinach or lettuce salads too.

Sandy Strunk

ITALIAN SLAW

1 Whole Medium Cabbage
3/4 Cup of Salad Oil
1 Cup of Vinegar
1 Teaspoon of Dry Mustard

1 Medium Onion, Sliced Thin
7/8 Cup of Sugar
1 Teaspoon of Salt
1 Teaspoon of Celery Seed

Serves: 6-8 People

Origin: Italy

1. Slice cabbage and onion very thin.
2. Put into a bowl in alternating layers.
3. Mix vinegar, salad oil, sugar, salt, mustard, and celery seed together in a saucepan.
4. Heat mixture on top of stove until boiling.
5. When mixture boils, pour over cabbage and onion.
6. Cover and let stand overnight in refrigerator.
7. Serve chilled.

This slaw can be kept in the refrigerator for several weeks.

Barbara Tyndall

GREEK SPINACH

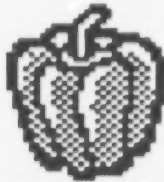
1/2 Cup of Celery, Chopped
1/2 Cup of Onion, Chopped
3 Tablespoons of Olive Oil
1 Pound of Fresh Spinach
1 Tomato, Diced

3/4 Cup of Water
2 Teaspoons of Dill
1/2 Teaspoon of Salt
1/2 Teaspoon of Pepper
1/2 Cup of Rice

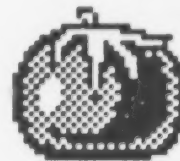
Serves: 4-6 People

Origin: Greece

1. Saute onion and celery in oil.
2. Add tomato, rice, dill, salt and pepper.
3. Cover and cook five minutes.
4. Wash and devein spinach.
5. Put on top of rice.
6. Add water.
7. Cover and cook fifteen minutes or until rice is tender.
8. Stir and serve as side dish.



Fran Mannino Corse



GREEK SALAD

1 Head of Lettuce
A Few Stems of Romaine, Endive, and Escarole
1 Small Green Pepper, Sliced in Rings
Salt and Pepper
Anchovies
Kalamata Olives
Feta Cheese

2 Tomatoes, cut in wedges
4 Radishes, Sliced
Cucumber, Sliced
1 Onion, Sliced Thinly in Rings
1 Teaspoon of Oregano or Tarragon

Dressing:

1 Part Lemon Juice or Wine Vinegar
3 Parts Olive Oil

Serves: 8-10

Origin: Greece

1. Mix all ingredients together and toss lightly.
2. Garnish with black Kalamata olives, feta cheese, and anchovies.

This salad can be served either as a main course or as a side dish.

Alexis Francos

DANDELION SALAD

2 Quarts of Dandelion Greens*
1 Cup of Water
3/4 Cup of Sugar
1 Tablespoon of Flour
1/2 Teaspoon of Salt

6 or More Strips of Bacon
1 Egg
Cream on Top of Milk (1/2 Cup)
1-2 Tablespoons of Vinegar
2 Hard Cooked Eggs

Serves: 2 People

Origin: Pennsylvania Dutch

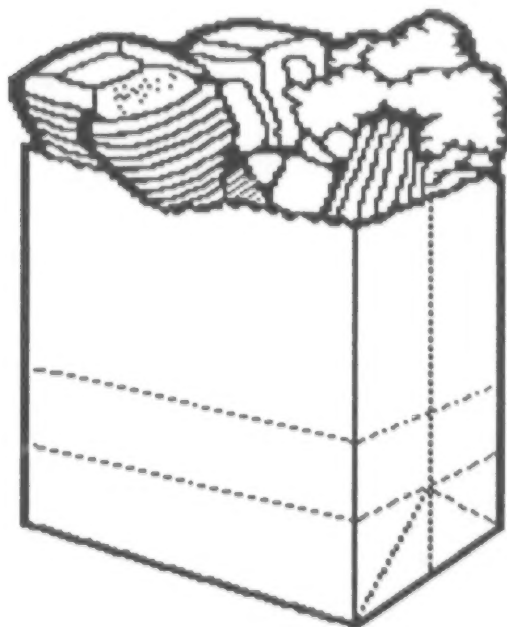
1. Brown bacon in skillet.
2. Add dandelion and water.
3. Cover and cook on medium heat until tender (5-10 minutes).
4. Add salt.
5. Drain dandelion mixture and add dressing.
6. Serve with sliced eggs on top.

Dressing: Stir together egg, flour, sugar and vinegar. Add milk and mix with cooked dandelion. Boil until thickened (about fifteen minutes).

**Dandelion greens should be picked in the spring when they are still young. Dig them in your yard (not the roots) before the yellow heads come to bloom, or you can buy them at the farmers' market. Cook dandelions in long green strips.*

This is my Mother-in-Law's recipe.

Mabel M. Sensenig



DANDELION GREEN SALAD

Dandelion Greens
1/2 Cup of Vinegar
1/2 Cup of Sugar

2-3 Pieces of Bacon
1/4 Cup of Water

Serves: As many as you want.

Origin: Lancaster County

Note: In March, you can hunt dandelion greens in the fields of Lancaster County. The dandelion greens must be young and tender. If there is a bud or flower on the dandelion, the greens are no longer tender enough to eat.

1. Cook dandelion greens for about two minutes in a pint of water and one teaspoon of salt.
2. Remove from stove and drain or squeeze dry.
3. Fry 2-3 pieces of bacon until crisp.
4. Add 1/2 cup of vinegar and 1/4 cup of water to bacon and bacon fat.
5. Add 1/2 cup of sugar and heat.
6. Pour dressing over dandelion greens and serve.

This dressing can also be used for endive salad. Cook endive just as the dandelion is cooked.

Barbara Tyndall



CHICKEN SALAD

Left-Over Chicken, Chopped*
2 Small Jars of Pimento Peppers
Black Olives

1 Medium Onion
Parsley
Oil and Vinegar

Serves: As Many as You Want

Origin: Italy

1. Mix chicken, onion, parsley, peppers, and olives together in a bowl.
2. Add salt, pepper, oil and vinegar to taste.
3. Refrigerate until served.

*See chicken soup recipe on page 9.

Serve with bread, chicken soup, and rose wine.



Josephine Vellucci

CAESAR SALAD

1 Large Head of Romaine Lettuce
1 Clove of Minced Garlic
3 Tablespoons of Wine Vinegar
A Few Drops of Worcestershire Sauce
Black Pepper

1/2 Cup of Olive Oil
5 Minced Anchovy Fillets or
6 Slices of Crisp Bacon, Chopped
1/4 Teaspoon of Dry Mustard
1 Teaspoon of Salt

Serves: 4-6 People

Origin: Lancaster County

1. Add garlic and anchovies to oil.
2. Combine: salt, mustard, and black pepper.
3. Combine: vinegar and worcestershire sauce.
4. Mix all ingredients together in a large bowl and toss lightly.

Barbara Tyndall

POTATO SALAD

Potatoes
Diced Celery
Salt and Pepper

Hard-Boiled Eggs
Diced Onions

Dressing:

1 Cup of Mayonnaise
6 1/2 Ounce Can of Condensed Milk
1 Tablespoon of Mustard
2 Tablespoons of Sugar
1/2 Teaspoon of Sugar
2 Tablespoons of Vinegar

Serves: As Many as You Want

1. Mix mustard, sugar and salt together.
2. Add milk and continue to stir.
3. Add vinegar.
4. Mix well with mayonnaise.
5. Put as much dressing as needed on diced potatoes, celery, onions and eggs.
6. Salt and pepper to taste.
7. Serve chilled.

This is my Mother-in-Law's recipe.

Ruth Morehead



THREE BEAN CASSEROLE

1 16-Ounce Can of Baked Beans
1 16-Ounce Can of Northern Beans
1 Medium Onion, Chopped
1/2 Cup of Brown Sugar
Salt and Pepper

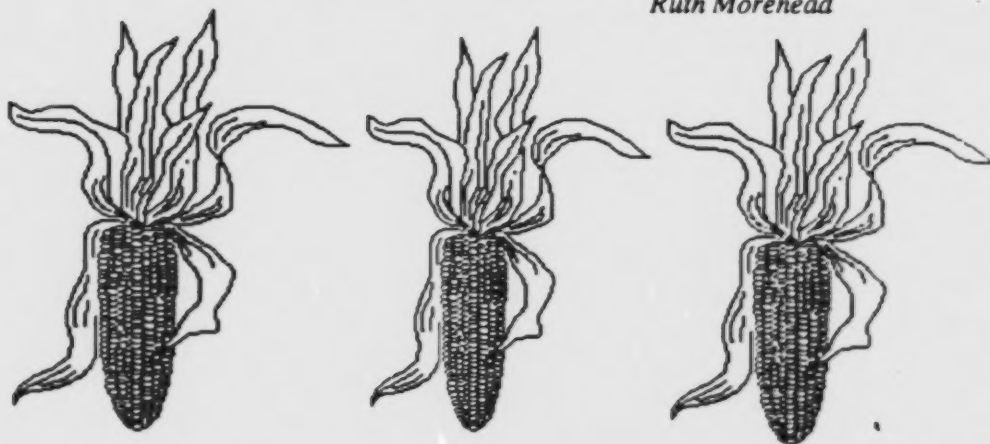
1 16-Ounce Can of Kidney Beans
1 Pound of Hamburger
1/2 Cup of Ketchup
1 Tablespoon of Mustard

Serves: 6-8 People

1. Fry hamburger and onion together.
2. Mix all ingredients in a covered dish.
3. Bake at 350 degrees for 1 1/2 hours.

This is my mother's recipe.

Ruth Morehead



CORN FRITTERS

6 Cooked Ears of Corn
1 Teaspoon of Sugar
Pinch of Flour

3 Eggs
1 Teaspoon of Salt

Serves: 4 People

Origin: Lancaster County, PA

1. Run ears of corn over a board to get milky corn.
2. Cut corn from ears.
3. Mix all ingredients.
4. Add a pinch of flour if batter is too moist.
5. Fry fritters in a little oil.

Barbara Tyndall

PEAS AND POTATO CURRY

1 10-Ounce Package of Frozen Peas
2 Medium Tomatoes, Diced
1/4 Teaspoon of Mustard Seeds
1/4 Teaspoon of Cumin Seeds
1 Teaspoon of Sugar
1-1 1/2 Teaspoons of Curry Powder
2 Teaspoons of Chopped Parsley

2 Medium Potatoes, Boiled and Sliced
1 Tablespoon of Cooking Oil
1/4 Teaspoon of Fennegreek Seeds
1 Teaspoon of Salt
1 Teaspoon of Lemon Juice
1/4 Teaspoon of Tumeric Powder
1/2 - 1 Teaspoon of Chili Powder or
Chopped Chili Peppers

Serves: 2-3 People

Origin: India

1. Heat oil in a pan.
2. Put all seeds in hot oil.
3. When seeds become slightly red (5-6 seconds), stir in diced tomatoes.
4. Add peas and potatoes.
5. Add all other ingredients.
6. Add water as needed to suit consistency of sauce.
7. Cook 5-8 minutes over medium heat.
8. Serve hot with rice as a side dish, with meat and a salad.

This recipe is from my mother who was a farmer's wife in a village at the foot of the mountains near Bombay.

The spices in this recipe can be purchased at A.K. Kanji Grocery, 916 Main Street, Akron, PA 17501. Store hours are M-F, 5 P.M.-8:30 P.M.; Saturday, 11 A.M.-6 P.M.; Sunday, 11 A.M.-6 P.M.

Ansuyah Dave



BELGIUM ENDIVE OVENDISH

6 Pieces of Belgium Endive
12 Whole Slices of Ham
Butter

1 Small Package of Parmesan Cheese
1 Banana
Salt

Serves: 3-4 People

Origin: Western Europe

1. Wash the endive and cut each piece in half lengthwise.
2. Boil the endive with salt until tender (10-15 minutes).
3. Heat oven to 500 degrees.
4. Wrap endive with a little piece of banana in the ham.
5. Put the 12 pieces in a greased ovendish and sprinkle with cheese.
6. Bake in a hot oven for ten minutes.
7. Serve with small new potatoes and meat of your choice.

This is a very well-known and ordinary dish in Western Europe. I don't know the origin of it, but you can find this recipe in most cookbooks in Europe. There are different ways to eat the Belgium Endive - cooked, raw in a salad, or as an ovendish.

Carin der Weduwe

BAKED CARROTS

2 1/2 Cups of Cooked, Mashed Carrots
3 Tablespoons of Butter
1 Cup of Dry Bread Crumbs
Salt and Pepper

1 Tablespoon of Finely Minced Onion
3 Eggs
2 Cups of Rich Milk or Cream

Serves: 4 People

Origin: Lancaster County, PA

1. Cook carrots in salted, boiling water until tender.
2. Drain and mash carrots.
3. Add onions and butter.
4. Separate egg yolks and add to mixture.
5. Add bread crumbs and milk.
6. Fold in stiffly beaten egg whites.
7. Pour in buttered baking dish.
8. Bake in 425 degree oven until browned on top.
9. Serve with meat, potatoes and fruit.

This is one of my favorites. My mother got it from my grandmother about 40 years ago.

Ellen Weaver

RED CABBAGE WITH APPLE AND ONION

1 Small Head of Red Cabbage
1 Medium Onion, Peeled
2 Tablespoons of Brown Sugar
1/2 Cup of Red Wine

1 Apple, Sliced and Cored
2 Tablespoons of Butter
1 1/2 Teaspoons of Salt
1/8 Teaspoon of Pepper

Serves: 4 People

Origin: Germany

1. Shred the cabbage fine and put it in a kettle.
2. Add about 1 cup of boiling water, the apple and onion.
3. Cover and cook about 30 minutes or until the cabbage is tender.
4. Combine remaining ingredients and stir into cabbage.
5. Heat thoroughly and serve.
6. If you prefer a tarter dish, add a little more wine. This keeps the red color of the cabbage.

In my country, we raised our own vegetables and made our own wine. This recipe is easy and fast to make after you come in the house after a long day's work. With this dish, you serve potatoes, sauerbraten or a roast of any kind. Sauerbraten is the best.

Martha Shave



JEWEL OF LEMON

1 Heaping Cup of Croutons
1 Coddled Egg (Put in Boiling Water
for One Minute)
Lettuce
Pepper
Garlic
Lemon

1/3 Cup of Blue Cheese, Crumbled
1/3 Cup of Parmesan Cheese, Grated
Salt
Mustard
Vinegar
Anchovy Oil

Serves as Many as You Want

Origin: USA

1. Cook egg in boiling water for 1 minute.
2. Tear up lettuce.
3. Add ingredients to taste, one at a time.
4. Toss salad lightly after each ingredient is added.
5. Serve immediately.

Barbara Tyndall



SOUTHERN FRIED CORN

6 Ears of Corn
2 Tablespoons of All Purpose Flour
1 Tablespoon of Sugar
1/4 Cup of Milk

1/4 Cup of Bacon Drippings or
Vegetable Oil
1 Cup of Water
Salt and Pepper

Serves: 4 People

Origin: Southern USA

1. Shuck corn, wash and remove silk.
2. After cutting the kernels in half with a sharp knife, cut kernels completely off the cob. Scrape juice out of corn cob into corn.
3. Heat bacon drippings in a heavy skillet.
4. Add corn, flour, sugar, water, milk, salt and pepper.
5. Bring mixture to a boil, stirring constantly.
6. Cover, reduce heat and simmer, stirring occasionally until corn is tender (20-25 minutes).
7. Add a little hot water if necessary.

Lois Glover

PICKLED EGGS AND RED BEETS

2 Cups (1 Pound) Young Beets
1/2 Cup of Vinegar
1/2 Teaspoon of Salt
3 or 4 Whole Cloves

1/4 Cup of Brown Sugar
1/2 Cup of Cold Water
Small Piece of Stick Cinnamon
6 Hard-Cooked Eggs

Serves: 6 People

Origin: Pennsylvania Dutch

1. Wash beets; cut off leaves and stems, leaving on about 1 inch of root end.
2. Cook beets in water until tender.
3. Drain and peel beets.
4. Boil all remaining ingredients, except eggs, together for 10 minutes.
5. Let beets stand in this liquid for several days.
6. Add whole, hard-cooked, shelled eggs to the liquid and let stand in the refrigerator for two days.

"Purple eggs" were among my favorite foods as a little girl. Later, when I left Pennsylvania and moved to Colorado, where red beets are a major cash crop, I was amazed to learn that no one had ever heard of this delicacy. Although I prepared it for several of my friends, most were quite hesitant to taste my "purple eggs".

Sandy Strunk

REFRIED BEANS

1 Package of Pinto Beans
2 Cloves of Garlic

2 Medium Onions
Olive Oil

Serves: 8-10

Origin: Mexico

1. Cook one package of pinto beans in water and oil for about two hours.
2. Pour off water from the beans.
3. Saute onions and garlic in olive oil.
4. Add beans, and crush them.
5. Fry the mixture.

To serve you can add grated sharp cheese, pepperoni, sausage or anything else you desire.

Barbara Tyndall

BREAD AND BUTTER PICKLES

1 Gallon of Cucumbers
2 Green Peppers, Shredded
8 Small White Onions
1/2 Cup of Salt

Syrup:

5 Cups of Sugar
1 1/2 Teaspoons of Tumeric
1/2 Teaspoon of Ground Cloves
2 Tablespoons of Mustard Seed
1 Teaspoon of Celery Seed
5 Cups of Vinegar

Serves: A family

1. Wash vegetables thoroughly.
2. Slice crisp, fresh cucumbers and onions thinly. Do not peel cucumbers.
3. Mix salt with vegetables and add one quart of cracked ice.
4. Weigh vegetables down with ice and let stand three hours. Drain thoroughly.
5. Prepare syrup and pour it over sliced pickle mixture.
6. Cook on top of stove over slow heat until liquid reaches the scalding point. Do not boil.
7. Put in sterile jars and seal.

This was my Grandmother's recipe. Bread and butter pickles can be served with almost any meal.

Sandy Strunk



NEW EAST BEANS

1 Pound of White Navy Beans
1 Garlic Clove
1/4 Cup of Olive Oil
Belgium Endive

1 Lemon
1 Teaspoon of Fennel Seeds
(Optional)

Serves: 6-8 People

Origin: Egypt

1. Cover beans in pot with two inches of water.
2. Bring to boil and let boil two minutes.
3. Remove from heat and let stand two hours.
4. Remove two cups of beans and drain well.
5. Place beans in bowl and all all other ingredients except Belgium endive.
6. Chill in refrigerator for four or more hours.
7. Fill each endive leaf with beans, place on plate, and serve.

Betty J. Cannon



TOMATO CASSEROLE

4-5 Fresh Tomatoes, Sliced
1 Onion, Chopped
1 1/2 Cups of Croutons
2 Tablespoons of Butter

1 Green Pepper, Chopped
1 Cup of Cheddar or Mozzarella Cheese
1 Teaspoon of Oregano

Serves: 6 People

Origin: Italy

1. Place sliced tomatoes on bottom of 2-inch high casserole.
2. Cover with a layer of croutons.
3. Cover croutons with grated cheese.
4. Saute peppers and onions in butter, then spread on top of cheese.
5. Sprinkle with oregano.
6. Bake at 350 degrees for 25-30 minutes.

Fran Mannino Corse

HASH BROWN POTATOES

1 Pound of Frozen Hash Brown Potatoes
1/2 Can of Cream of Chicken Soup
1/2 Stick of Butter or Margarine
Potato Chips

1/2 Cup of Diced Onion
8 Ounces of Sour Cream
4 Ounces of Shredded Sharp Cheese

Serves: 4-5 People

Origin: Lancaster County, PA

1. Thaw potatoes and put them in a baking dish.
2. Put onion over top of potatoes.
3. Mix sour cream and cream of chicken soup together and pour over potatoes.
4. Melt butter and pour over potatoes.
5. Spread cheese on top of potatoes.
6. Crush potato chips and put over top of the cheese.
7. Bake at 325 degrees for one hour and fifteen minutes.

*This recipe was given to me by my next-door-neighbor. It came from her mother. My husband would like it if I made this once a week. M-M-Good!
Ham or meat loaf goes very well with these potatoes.*

Gloria L. Kanoff





RISATTO MILANESE

(RICE PILAF)

1 Cup of Uncle Ben's Converted Rice
1 Small Can of Mushrooms
3 Beef Bouillon Cubes
1 Small Onion, Chopped

2 Cups of Water
A Small Amount of Pimentoes
Chopped Tomatoes and Saffron
Dry Vermouth or White Wine

Serves: 6-8 People

1. Saute rice and onion five to ten minutes until golden.
2. Measure water (about 2 cups), pour into saucepan, and bring to a boil.
3. Add bouillon.
4. Use mushroom can juice and dry vermouth to make a total of 2 1/3 cups of liquid (this includes the water).
5. Turn off heat.
6. Add mushrooms, tomatoes and saffron to rice mixture.
7. 1/2 hour before the meal, boil liquid.
8. Add liquid to pan with rice and bring to boil.
9. Cover and simmer twenty-five minutes. Serve.

Barbara Tyndall

EGGPLANT PARMIGIANA

3 Eggplants
1/2 Pound of Mozzarella Cheese
1 Large Can of Tomato Sauce
1 Clove of Garlic
Basil
Parsley

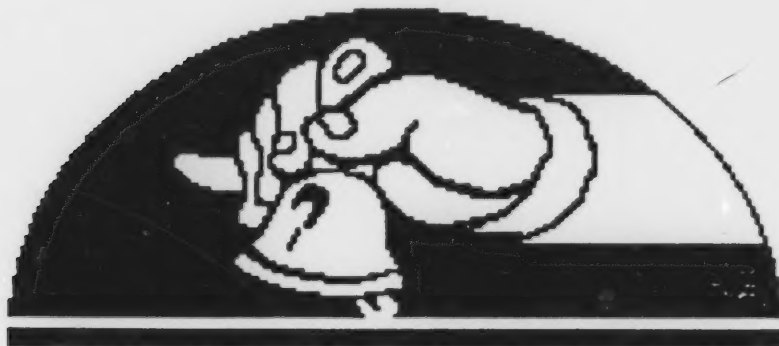
1/2 Pound of Provolone Cheese
1/4 Pound of Grated Romano Cheese
1/2 Cup of Red Wine
Salt
Pepper

Serves: 6 People

Origin: Italy

1. Slice eggplant.
2. Put eggplant in colander and sprinkle with salt.
3. Leave in drain for one hour.
4. Put olive oil in a saucepan.
5. Add garlic and a small amount of basil and parsley.
6. When garlic is brown, remove it from the oil and add the tomato sauce, salt and pepper.
7. Let tomato mixture cook for ten minutes.
8. Add red wine, and cook for 3/4 of an hour.
9. Remove eggplant from the colander and wipe each slice dry.
10. Put oil in a pan and fry the eggplant.
11. In a glass dish, arrange a layer of eggplant.
12. Sprinkle eggplant with Romano cheese and cover with slices of Provolone cheese, Mozzarella cheese, a little basil, parsley, salt and pepper.
13. Cover with sauce.
14. Add another layer of eggplant and repeat the process until all ingredients are gone.
15. Cover the dish with Handi-wrap and put in the microwave on HI for 10 minutes.
16. Check, then cook for 5 more minutes.

Josie Vellucci



BROCCOLI STIR-FRY

2 Pounds of Stew Beef
2 Teaspoons of Crisco Oil
1-2 Garlic Cloves
1 Teaspoon Red Cooking Wine
1 Teaspoon of Sugar
Salt and Pepper

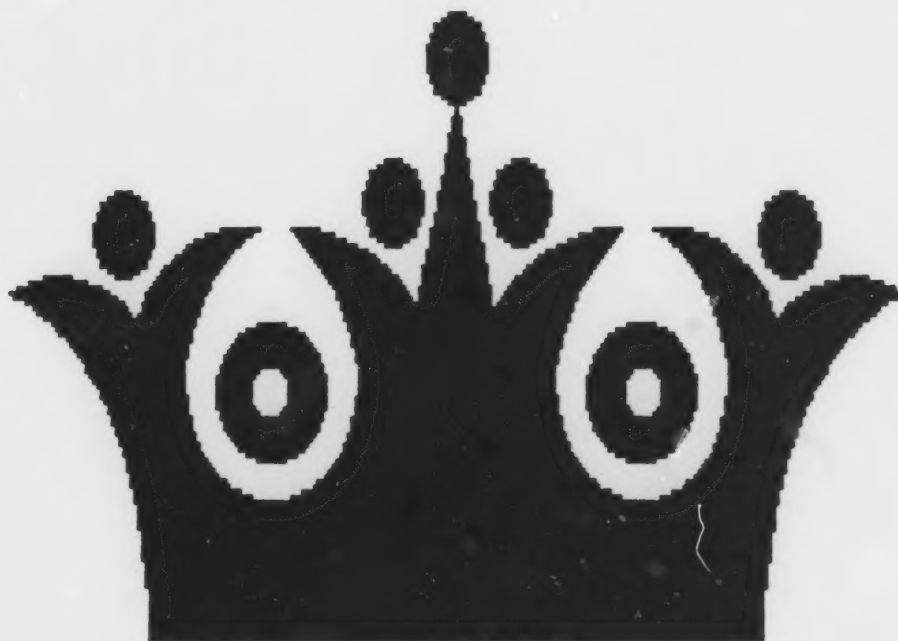
1 Large Package of Broccoli, Sliced
Thin
2 Teaspoons of Wonder Powder (Corn-
starch)
1/4 Cup of Maggi
3-4 Teaspoons of Water

Serves: 4-6 People

Origin: Cambodia

1. Put 2 teaspoons of oil in a pan or wok and let it get hot.
2. Saute garlic and beef for five minutes.
3. Add 1 Teaspoon of Sugar, 1/2 Teaspoon of Salt, 1/4 cup of Maggi and 1 Teaspoon of cooking wine.
4. Add broccoli and pepper, and stir-fry for five minutes.
5. Mix two teaspoons of wonder powder (cornstarch) and 3-4 teaspoons of water.
6. Add cornstarch mixture to broccoli and beef.
7. Let mixture boil, turn off heat, and serve.

Khom Tuy



RED RICE AND BEANS

3 1/2 Cups of Water
1 Can of Cooked Pink Beans
1 Can of Tomato Sauce
2 or 3 Slices of Green Pepper

2 1/2 Tablespoons of Oil
1 1/2 Tablespoons of Sofrito*
Long Grain White Rice**
Salt and Pepper

Serves: 4 People

Origin: Puerto Rico

1. Heat water on top of the stove.
2. Add sofrito, tomato sauce, green pepper, oil and beans.
3. Boil for five minutes.
4. Reduce heat and add rice.
5. Cover and allow to simmer.
6. Stir occasionally.
7. Cook for about 15 minutes or until rice is done.

This is a Puerto Rican (Spanish) recipe that is a family tradition.

Julia Garcia

** Sofrito is a spice used in many Spanish dishes. It is made from onion, green pepper and garlic mixed together in a blender. A standard recipe would be 1 small onion, 1 green pepper and 1 clove of garlic. Proportions can be increased or decreased according to taste. Sofrito should be stored in the refrigerator until used. - Editors*

***The amount of rice was not specified in this recipe. We would estimate one cup based upon the amount of water used. - Editors*

ARROZ CON HABICHUELAS

2 Cups of Cooked Rice
1/2 Cup of Tomato Sauce
1/2 Cup of Olive Oil
1 Clove of Garlic, Chopped

1 Cup of Cooked Beans
Ham or Pork Fat
1/4 Onion, Chopped
2 Tablespoons of Salt

Serves: 2 People

Origin: Puerto Rico

1. Mix all ingredients in a pan and cook for 45 minutes on top of the stove.

This is a Spanish recipe I got from my mother.

Ada Nieves

ARROZ CON HABICHUELAS WITH FRIED CHICKEN

2 1/2 Cups of Water
1 Pound of Beans (Any Kind)
2 Pounds of Chicken, Cut-up
2 Teaspoons of Adobo*
1 1/2 Tablespoons of Oil

3 Cups of Rice
1 Can of Tomato Sauce
1 Tablespoon of Oil
1/2 Teaspoon of Sofrito**

Serves: 4 People

Origin: Puerto Rico

1. Boil water, salt and oil in a pan on top of the stove.
2. Cook rice in water until tender.
3. While rice is cooking, mix beans, tomato sauce, and sofrito in another saucepan.
4. Cook bean mixture on top of stove until heated thoroughly.
5. Heat oil in a frying pan for chicken.
6. Fry chicken seasoned with Adobo for about 1/2 hour or until done.

This is a recipe that most people in Puerto Rico like very much.

Julia Garcia

**Adobo is a spice that can be purchased at Latino food stores or in Giant markets under the GOYA label.*

***Sofrito - See explanation on page 33. - Editors*

HOPPING JOHN

6-8 Slices of Bacon, Diced
1/2 Cup Sliced Celery
2 16-Ounce Packages of Black-eyed Peas
1 Cup of Rice
1 Teaspoon of Salt (Optional)

1 Medium Onion, Chopped
1/4 Teaspoon of Crushed Thyme Leaves
3 Cups of Water
2 Tablespoons of Chopped Parsley
1/4 Teaspoon of Crushed Red Pepper

Serves: 6 People

Origin: Southern USA

1. Cook onion and celery with bacon and thyme until tender; drain.
2. Stir in remaining ingredients and bring to a boil.
3. Reduce heat; cover and simmer for 20 minutes or until rice is tender.

Lois Glover

ARROZ CON GUANDULES

White Rice (Long Grain)
1 Can of Tomato Sauce
1/2 Tablespoon of Salt
2 Tablespoons of Lard
Water

1 Can of Guandules*
1 Tablespoon of Sofrito**
1 Packet of Sazon without Achiote***
2 Packets of Sazon with Achiote***

Serves: 7 People

Origin: Puerto Rico

1. Put the sofrito, lard, sazón, guandules, and tomato sauce in a pan to simmer for about 5-8 minutes.
2. Add water and bring mixture to a boil.
3. Rinse rice in warm water, then add to other ingredients.
4. Simmer until all moisture is absorbed and rice is tender.

This is a common Puerto Rican dish that is often served with salad or fried chicken. For dessert, you might serve flan, which is custard to Americans.

Jose Burgos

The amount of rice and water were not specified in this recipe. In our opinion, a good estimate would be 1 cup of rice to 3 cups of water.

**Guandules - This is a small green bean that can be purchased at Latino food stores or in some supermarkets under the GOYA label.*

***Sofrito - See explanation on page 33.*

**** Sazon with and without Achiote - This is a spice available in Latino food stores or some supermarkets. - Editors*

FRIED RICE

2 Cups of Cooked Rice (Long Grain)
Cooked Ham, Cubed*
Soy Sauce

1 Egg
1/2 Teaspoon of Salt
1 tablespoon of Vegetable Oil

Serves: 2 People

Origin: China

1. Heat oil in large frying pan.
2. Scramble egg, then remove from pan and set aside.
3. Reheat oil.
4. Add rice, ham, and salt.
5. Stir-fry 4-5 minutes.
6. Add scrambled egg and soy sauce to taste.

**Cooked shrimp, pork, chicken or beef can also be used in this recipe.*

Sui Lee

FRIED RICE

1/2 Cup of Small Shrimp
2 Eggs, Beaten
1 Tablespoon of Chopped Green Onion
2 Teaspoons of Salt

1/2 Cup of Ham, Diced
2 Tablespoons of Green Peas
6 Cups of Cooked Rice
8 Tablespoons of Oil

Serves: 6-8 People

1. Heat two tablespoons of oil in a wok.
2. Scramble eggs in wok, then remove from heat and set aside.
3. Heat three tablespoons of oil.
4. Stir-fry shrimp, ham and peas, then remove from wok and set aside.
5. Heat three tablespoons of oil.
6. Fry green onions and rice, mixing well.
7. Add two teaspoons of salt.
8. Reduce heat.
9. Add eggs, shrimp and ham.
10. Heat thoroughly and serve.

Sonya Nelligan

STIR-FRY RICE

1/2 Pound of Peas
1 Teaspoon of Salt
1 Teaspoon of Black Pepper
1/2 Teaspoon of MSG
1/2-1 Pound of Diced Ham

1 Bunch of Green Onions, Chopped
2 Teaspoons of Sugar
4-5 Teaspoons of Mushroom Soy Sauce
4 Cups of Dry Rice, Cooked
7 Egg Yolks, Beaten

Serves: 8-10

Origin: Cambodia

1. Heat oil in frying pan.
2. Pour part of the egg yolks into the pan to make a thin omelet.
3. When eggs are set, remove from pan, set aside and make another thin omlet until all yolks are used.
4. Cut omelets in two and slice real thin.
5. Brown garlic.
6. Add ham and peas.
7. Add rice and all other ingredients except eggs and onions.
8. Stir-fry 5-10 minutes.
9. Add eggs and green onions.
10. Heat thoroughly and serve.

Khom Tuy

TRENCHES AU FROMAGE

Thick Slices of Bread
Butter
Wine (Optional)

Sliced Cheese (1/4 inch thick)
Milk or Bouillon Cubes

Serves: As Many as You Want

Origin: Switzerland

1. Butter bread on both sides.
2. Lay buttered slices in a hot frying pan until slightly browned.
3. Flip bread and brown on the other side.
4. Pour milk or bouillon into frying pan until slices are half covered with liquid.
5. Add wine if desired.
6. Place cheese slices over bread and cover.
7. Cook on low heat until cheese is completely melted.
8. Serve hot! (Most Swiss eat with mustard)

My mother made this recipe to use the bread which had become hard and dry. The recipe was probably invented because the people from my valley had no shops many years ago, and they had to buy many loaves of bread at the same time. Naturally, some of it became dry.

Frederic Fournier

PIEROGIES

Dough:

2 Cups of Flour
2 Eggs
1/2 Teaspoon Salt
1/2 Cup of Water

Filling:

2 1/2 Cups of Sauerkraut
Boiling Water
2 Tablespoons of Fat
1/2 Cup of Chopped Onions
4 Ounces of Mushrooms
1/4 Teaspoon of Salt
1/4 Teaspoon of Pepper

Serves 4

Origin: Poland

1. Fry onion, mushrooms and rinsed sauerkraut for 20 minutes. Allow to cool.
2. Mix flour, salt, eggs, and water together to form a dough.
3. Let dough stand ten minutes, then roll very thin 3 inch rounds.
4. Place small spoonful of filling in center.
5. Moisten edge with water, fold over, and press edges together firmly.
6. Drop into boiling water and cook 3-5 minutes.
7. Drain, then fry in butter until golden brown.

Ruth Morehead

PIEROGIES

(POLISH RAVIOLI)

Dough:

2 Medium Eggs
Salt to Taste
3 1/4 Cups of Flour
1/2 Cup of Water
Oil
Mushroom Sauce

Filling:

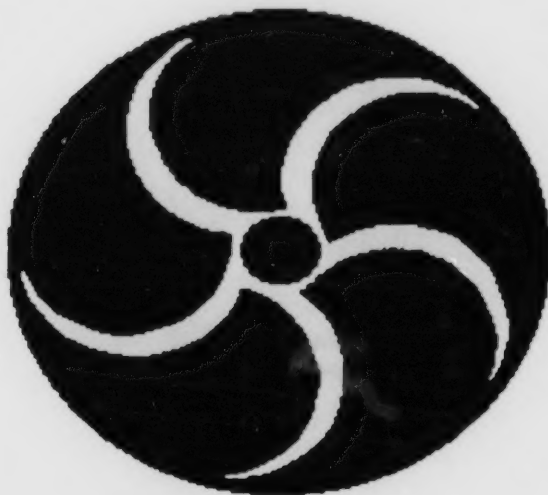
6 Medium Potatoes, Boiled and
Mashed
4 Ounces of Velveeta Cheese
1 Teaspoon of Dill
1 Onion, Chopped Finely
Salt to Taste

Serves: 4 People

Origin: Poland

1. Start dough by mixing ingredients until smooth. Let stand for one hour.
2. Mix filling ingredients until cheese melts in with potatoes and is smoothly blended.
3. Roll out dough 1/8 inch thick.
4. Cut dough into circles with a cookie cutter or glass.
5. Spoon filling mixture into dough circle.
6. Fold dough over and seal sides.
7. Put half-moon shaped pierogies into boiling water until they rise to the top.
8. Remove pierogies from water and saute both sides in a little oil until lightly browned.
9. Serve with Mushroom Sauce.

Grace Stefaniak





GREECE

BAKED MACARONI WITH MEAT FILLING

1 Pound of Macaroni
Salt and Pepper
1 8 oz. Can of Tomato Sauce (Optional)
7 Heaping Tablespoons of Flour
8 Eggs

1 1/2 Pounds of Ground Beef
1 Medium Onion (Grated)
1 Quart of Milk
1/4 Pound of Butter or Margarine
1 Cup of Grated Cheese (Greek
Kefalotiri is Optional)

Serves 30

Origin: Greece

1. In skillet, saute onion.
2. Add ground beef and brown.
3. Salt and pepper to taste.
4. Add tomato sauce if desired. Also, 1/2 cup of red wine may be added.
5. Cook macaroni in boiling salted water. Drain well.
6. Melt margarine in saucepan.
7. Slowly add and stir flour to margarine. Stir until thick and creamy.
8. Slowly add milk, stirring at slow heat until very creamy and thick (15-20 min.)
9. Remove mixture from heat and allow to cool slightly.
10. When slightly cooled, add the beaten eggs and mix well.
11. In buttered pan, spread half of the macaroni, a handful of grated cheese sprinkled over the macaroni along with meat sauce.
12. Spread about half this sauce over layer. Repeat with macaroni, meat sauce, grated cheese and top with cream sauce.
13. Bake 40 minutes or until top of casserole is golden in color (350 degrees).
14. Allow to cool slightly and cut into squares - thirty pieces approximately.

This recipe is a common Greek dish, usually served at major events such as family gatherings at Easter, Christmas, New Year's or Thanksgiving (that's when my family has this dish). The Greek name is Pastitsio (or Pastichio).

Alexis Francos

MEAT CUTLET

1 Pound of Ground Beef
1/2 Small Can of Tomato Paste
2 Potatoes
1/2 Teaspoon of Tumeric

1 Egg
1 Medium Size Onion
Salt and Pepper

Serves: 4

Origin: Iran

1. In a bowl, mix the ground beef, tomato paste, salt, pepper, and tumeric.
2. Grate the potatoes and onion.
3. Mix all ingredients together with one egg.
4. Form into patties and fry in a pan.

Ruth Morehead

GREEN PEPPER STEAK

1 Pound of Beef Chuck or Round
(Fat Trimmed)
1 1/2 Teaspoons of Grated Fresh Ginger
(or 1/2 Teaspoon of Ground)
1 Cup of Red or Green Peppers Cut
into 1-Inch Squares
1 Cup of Water

1/4 Cup of Soy Sauce
1 Clove of Garlic
1/4 Cup of Salad Oil
1 Cup Green Onion, Thinly Sliced
2 Stalks of Celery, Thinly Sliced
1 Tablespoon of Cornstarch
2 Tomatoes, Cut into Wedges

Serves: 4 People

1. With a sharp knife, cut beef across grain into thin strips 1/8 inch thick.
2. Combine soy sauce, garlic, and ginger. Add beef. Toss and set aside.
3. Prepare vegetables.
4. Heat oil in large frying pan or wok.
5. Add beef and toss over high heat until browned. Taste meat. If not tender, cover and simmer for 30-40 minutes over low heat.
6. Turn up heat and add vegetables. Toss until vegetables are tender crisp (10 min.).
7. Mix cornstarch with water and add to pan. Cook until thickened.
8. Add tomatoes and heat through.
9. Serve with rice.

Aida Rivera

LITTLE STUFFED CABBAGE

8 Big Leaves of Cabbage
1 Egg
1/2 Cup of Chopped Onion
1/4 Cup of Oil
2 Tablespoons of Parsley, Chopped
1 Tablespoon of Lemon (Optional)

1/2 Pound of Ground Beef
1/2 Cup of Cooked Rice
1 Teaspoon of White Pepper
1/2 Cup of Tomato Paste
1/2 Laurel Leaf

Serves: 4 People

Origin: The Dominican Republic

1. Carefully cook the cabbage leaves in salt water for five minutes. Drain.
2. Mix ground beef, egg, 1/4 cup of chopped onion, rice, salt and pepper.
3. Heat oil in a frying pan, add beef mixture and cook thoroughly.
4. When beef is cooked, put one tablespoon of mixture in each cabbage leaf.
5. Wrap cabbage leaves and use a toothpick to hold them if necessary.
6. Mix tomato paste with one cup of water in a saucepan.
7. Add 1/4 cup of onion, laurel and parsley. Some people like to add lemon.
8. Heat sauce, add stuffed cabbages, cover and cook on low heat for 40 minutes.

Arcenia Lopez



BARBECUED BEEF CUBES

3 Pounds of Beef Cubes
2 Tablespoons of Cooking Oil
1 1/2 Cups of Catsup
3 Tablespoons of Brown Sugar
1/8 Teaspoon of Pepper

4 Cups of Water
1/2 Cup of Chopped Onion
1/4 Cup of Vinegar
1/2 Teaspoon of Salt

Serves: 6 People

Origin: USA

1. Heat oil in skillet.
2. Brown beef on both sides, then transfer to roasting pan.
3. Add onions to oil in skillet and brown lightly.
4. Add remainder of ingredients to make sauce in skillet.
5. Cook sauce for five minutes.
6. Pour sauce over cubes in roasting pan.
7. Cover and simmer 2 1/2 hours or until tender.
8. Serve over rice or noodles.

This is a family recipe that is one of our favorites! We usually have this dish with Italian bread.

Christina Boudier



CORNISH PASTIES*

Shortcrust Pastry:

1/2 Cup of Flour
1/4 Cup of Margarine
Pinch of Salt
1 Tablespoon of Water

Filling:

3/4 Pound of Hamburger
1 Medium Chopped Onion
1 Small Diced Potato

Serves 4

Origin: England

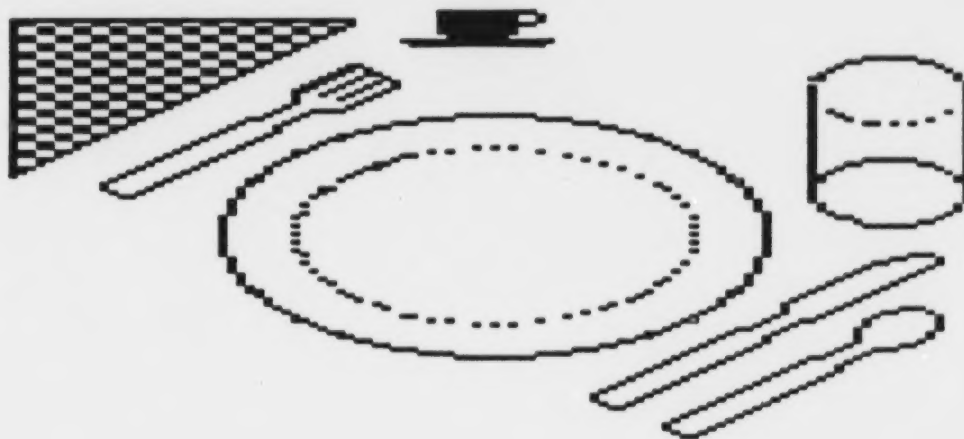
1. Sift flour and salt together.
2. Rub margarine into flour until it looks like breadcrumbs.
3. Add water gradually, and bring dough together with a knife by working in a figure 8 motion.
4. Place pastry on a lightly floured surface and knead gently.
5. Allow pastry to relax ten minutes before rolling out.
6. Divide pastry into four, and roll each piece round about fifteen centimeters across.
7. Mix hamburger, onion, potato and seasoning together.
8. Pile 1/4 hamburger mixture onto each pastry.
9. Fold pastry in half and press edges firmly together.
10. Bring the edges up and flute with thumb and finger.
11. Poke pastry with fork to allow steam to escape.
12. Brush pasties with beaten egg.
13. Arrange on a greased baking tray and bake 45 minutes at 350 degrees.

This recipe comes from Cornwall, England. I had to make Cornish Pasties in school when I was eleven years old.

Nora Stevens

**Cornish pasties were developed in Cornwall as a convenient way for miners and school children to take lunch to work. The local name for the pasties was "oggies." When the tin mines of Cornwall were depleted, low-cost potatoes were substituted for the beef stuffing, and "oggies" became "tidy oggies" ("tidy" is Cornwall slang for potatoes). When prosperity returned, beef reappeared, but potatoes remained in the recipe - and Cornish Pasties are still called tidy oggies in Cornwall.*

The Editors



BEEF WITH OYSTER SAUCE

1 Pound of Lean Beef
8 Pieces of Green Onion Cut One Inch
Long
1/2 Teaspoon of Salt

1/2 Pound of Broccoli
3 Slices of Ginger Root
1 Tablespoon of Wine
1 Teaspoon of Sugar

Marinade:

1/2 Teaspoon of Baking Soda
1 Teaspoon of Sugar
1 Tablespoon of Cornstarch
2 Tablespoons of Water
1 Tablespoon of Soy Sauce

Seasoning Sauce:

2 Tablespoons of Oyster Sauce
1/2 Cup of Water
1 Teaspoon of Sugar
1/2 Teaspoon of Cornstarch
1/2 Teaspoon of Sesame Oil

Serves: 4 People

1. Slice beef into one inch squares. Marinate for half an hour or longer. The longer the better.
2. Heat two tablespoons of oil in a wok. Stir fry broccoli until tender. Season with wine, salt, and 1 teaspoon of sugar. Place on plate.
3. Heat 2-4 cups of oil. Fry beef about one half a minute and remove from wok.
4. Clean wok. Add two tablespoons of oil to fry green onions and ginger root.
5. Add beef and stir fry quickly over high heat.
6. Add seasoning sauce.
7. Stir until thickened and thoroughly mixed.
8. Pour over broccoli and serve.

Sonya Nelligan

LOMITO SALTADO

1/2 Kilogram of Perforated Beef Loin*
3 Tomatoes, Chopped
Salt and Pepper
Vinegar

2 Onions, Chopped
5 Potatoes
Winter Sweet***
Chile Sauce

Serves: 4 People

Origin: Peru

1. Season beef with salt and pepper and perforate small**.
2. Brown beef in hot oil, then remove from pan.
3. Saute onion and tomato in the frying pan.
4. Season with winter sweet and vinegar..
5. Add beef, stir, and simmer for ten minutes. Add a little water if dry.
6. Fry potatoes and serve with beef.

Bettina Bernales

**See Metric Conversion Chart on page.*

***We aren't sure what the author means by "perforated beef loin". It may mean cut in small pieces or tenderized.*

****Winter Sweet is an herb we're not familiar with. - Editors*

SWISS STEAK

2-3 Pounds of Round Steak, About
1-Inch Thick
2 Teaspoons of Salt
1/2 Pound of Sliced Mushrooms
1/2 Cup of Flour

3 Tablespoons of Vegetable Oil
1 Onion, Chopped
2 Cups of Water
1/2 Green Pepper, Chopped
Chopped Parsley

Serves: 6-8 People

Origin: Pennsylvania

1. Combine salt with flour.
2. Pound flour into both sides of steak with a meat mallet.
3. Heat oil in frying pan, add steak and brown well on both sides.
4. Remove steak from pan.
5. Saute onion, green pepper and mushrooms in fat remaining in frying pan.
6. Add two cups of water.
7. Thicken slightly with flour and water combined to a paste.
8. Return steak to gravy, cover, and bake 1 1/2 - 2 hours at 300 degrees.
9. Garnish with chopped parsley before serving.

This is a family recipe. I loved to pound flour into the steak with a meat mallet when I was young.

Sandy Strunk

HUNGARIAN POT ROAST

3-4 Pounds of Lean Chuck or Rump Roast

1 Tablespoon of Paprika

2 Tablespoons of Wesson Oil

2 Teaspoons of Salt

1/2 Teaspoon of Pepper

1/2 Cup of Water

1 Cup of Sour Cream (Optional)

1 Bay Leaf

1 (4 Ounce) Can of Sliced Mushrooms

4 Large Onions, Quartered

8 Small Carrots, Cut or Whole

2 (8 Ounce) Cans of Tomato Sauce

2 Tablespoons of Minced Parsley

Serves: 6-8

Origin: Hungary

1. Trim excess fat from meat.
2. Sprinkle with paprika, salt and pepper.
3. Brown in hot oil in Dutch oven or pan.
4. Add water and bay leaf; cover and simmer 1 1/2 to 2 hours or until meat is tender.
5. Add mushrooms, onions, carrots and tomato sauce.
6. Cover and simmer 60 minutes or until vegetables are done.
7. Add parsley just before serving.
8. Remove from heat and stir in sour cream, if desired.
9. Serve with cooked small noodles.

This recipe was given to me by a friend who is first-generation American. Her father had been born in Hungary, lived for several years in Vienna, Austria, and came to the United States when a young adult.

Tana Pratt





MOLE DE GUAJOLOTE

1/4 Teaspoon of Anise Salt
1 Small Turkey (About 12 pounds)
2 Chopped Onions
3 Large Cloves of Garlic, Minced
4 Tablespoons of Lard or Turkey Fat
4 Squares of Bitter Chocolate

1 Cup of Peanut Butter
6 Cups of Turkey Stock
4 Tablespoons of Toasted Sesame Seeds
2 Teaspoons of Ground Cumin
3/4 Cup of Chile Powder
4 Dried Tortillas, or 1/2 Cup of Corn Meal

Serves: 12 People

Origin: Pueblo, Mexico

1. Cut turkey in pieces, cover with water and simmer until just tender.
2. Add salt to taste.
3. Saute chopped onion and garlic in shortening until wilted.
4. Toast sesame seeds in a heavy dry skillet, stirring so they won't burn.
5. Break tortillas in pieces. If they aren't dry, put them in a slow oven until hard.
6. Put all ingredients in blender with one cup of turkey stock.
7. Blend ingredients until smooth, adding remaining stock and more salt if necessary. If you have no blender, grind the dry ingredients several times using the finest knife. Then mix with the stock.
8. Pour mixture over drained turkey pieces.
9. Heat thoroughly before serving. This recipe improves if made the day before serving.

This recipe can be served with rice, flan dessert, hot corn tortillas, and dry red wine.

Maria Ruby



DICED CHICKEN WITH CASHEW NUTS

2/3 Cup of Cashew Nuts
1 Green Onion
1 Red Hot Pepper
1/2 cup of Sliced Carrots

1 Pound of Boneless Chicken Breast
1 Green Pepper
3 Slices of Ginger Root
2-3 Cups of Oil

Marinade:

1 Egg White
1 Tablespoon of Cornstarch
1 Tablespoon of Soy Sauce

Seasoning Sauce:

2 Tablespoons of Soy Sauce
1 Tablespoon of Wine
1/2 Tablespoon of Vinegar
1 Tablespoon of Cornstarch
1/2 Cup of Water
1/2 Teaspoon of Salt
1/2 Teaspoon of Sugar

Serves: 4 People

1. Cut the chicken into the size of the cashew nuts and marinate for twenty minutes.
2. Cut green pepper and red hot pepper the same size as the chicken.
3. Cut the green onion into 1/2 inch portions.
4. Deep fry chicken in oil in a wok (about 1 minute).
5. Remove chicken and clean wok.
6. Heat a small amount of oil in wok.
7. Stir fry ginger root, onion, green pepper and red pepper (add in that order).
8. Add the chicken and seasoning sauce.
9. Stir until thickened, then turn off heat.
10. Add cashews and mix well.

Sonya Nelligan

CHICKEN POT PIE

1 Large Chicken
A Few Pieces of Saffron
2 Onions Cut in Half
2 Packages of Chicken Bouillon

Dough:
4 Cups of Flour
1/2 Teaspoon of Salt
A Small Amount of Crisco (Walnut
Size)
2 Eggs
1 1/2 Cups of Milk

Serves: 6-8

Origin: Lancaster County, USA

1. Cover one large chicken and several pieces of chicken with water.
2. Add a few pieces of saffron.
3. Cook chicken until tender.
4. Remove chicken from heat and keep warm.
5. Add onions to broth and continue to simmer.
6. Mix dough. If it is too dry, add a little more milk. Dough should be slightly sticky.
7. Spread flour over surface and on rolling pin.
8. Roll approximately one cup of dough at a time into a thin sheet.
9. After each sheet is rolled out, cut into strips. Cut the strips into squares.
10. Add 2 packages of bouillon to broth, then add the dough.
11. Cook pot pie noodles about twenty minutes in boiling broth.
12. Serve noodles and chicken pieces.

Coleslaw is a good vegetable to serve with this dinner.

Barbara Tyndall



CHICKEN POT PIE

1 Four Pound Chicken
1/2 Tablespoon of Salt
4 Medium Potatoes, Sliced Thick
A Pinch of Saffron (Optional)

Dough:
3 Cups of Flour
1/2 Teaspoon of Salt
2 Eggs
2 or 3 Tablespoons of Water

Serves 6-8

Origin: USA

1. Cut chicken into serving pieces, cover with water and cook until tender.
2. Season with salt.
3. When chicken is almost tender, add the sliced potatoes. Use plenty of water; you need a lot of broth.
4. Add Saffron.
5. Make a well in the flour and add eggs and salt. Work together into a stiff dough. If it's too dry, add water.
6. Roll out dough as thin as possible (1/8 inch), and cut into 2 inch squares with a knife.
7. Drop dough into boiling broth (which should be enough to cover the chicken and pot pie well).
8. Cook 20 minutes.

Miriam S. Breneman

SMOTHERED CHICKEN

1/3 Cup of All-Purpose Flour
1/4 Cup of Vegetable Oil
1 1/2 Cups of Water

2 1/2-3 Pound Fryer, cut-up
1 Medium Onion, sliced
Salt and Pepper

Serves: 4 People

Origin: Southern USA

1. Combine flour, salt and pepper.
2. Coat chicken with flour mixture.
3. Heat oil in large, heavy skillet.
4. Brown chicken on all sides and remove from skillet.
5. Brown remaining flour mixture in oil until golden brown, stirring constantly.
6. Slowly stir in water.
7. Return chicken to skillet and add onion.
8. Cover and cook over low heat until done (about 25-30 minutes).

Lois Glover

HAWAIIAN CHICKEN

3 Pounds of Chicken Breasts, Legs or Thighs 2 Tablespoons of Soy Sauce
1 1/2 Cups of Water 1/2 Pound of Light Brown Sugar
1 Pineapple 1/4 Pound of Butter
3 Medium Oranges

Serves: 6 People

Origin: USA

1. Place chicken in a baking pan, skin side up.
2. Melt butter in a saucepan and pour over chicken.
3. Cut fruit into chunks; add sugar and soy sauce.
4. Pour mixed fruit on top of chicken. Cherries can be added for color.
5. Bake at 350 degrees for one hour.

This recipe can also be made with canned fruit. Use 2 (11-ounce) cans of drained Mandarin oranges, and 2 (20-ounce) cans of pineapple (undrained).

Christine Aronson

SWEET AND SOUR CHICKEN

3 Pounds of Chicken 1/2 Cup of Sugar
1/4-1/2 Cup of Fish Sauce 1 Teaspoon of Salt
1/2 Teaspoon of MSG 1/2 Cup of White Vinegar
Carrots, Chopped 1 Green Onion, Chopped
5-6 Tablespoons of Wonder Powder
(Cornstarch)

Serves: 6 People

Origin: Cambodia

1. Bake chicken until almost done.
2. Mix all other ingredients to make a sweet and sour sauce.
3. Cover chicken with sauce.
4. Return chicken to oven for 5-10 more minutes.
5. Serve.

Khom Tuy

BAKED CHICKEN AND FILLING CASSEROLE

2 1/2 Cups of Cooked Chopped Chicken
1/2 Cup of Diced Celery
1/3 Cup of Butter
1/4 Teaspoon of Pepper
1/4 Teaspoon of Baking Powder
3/4 Cup of Milk
1/4 Cup of Bread Crumbs

3 Cups of Soft Bread Cubes
1 Small Onion, Chopped
1 Teaspoon of Salt
1/4 Teaspoon of Poultry Seasoning
1 Egg
1 Can of Cream of Mushroom Soup

Serves: 6-8 People

Origin: Lancaster County, PA

1. Arrange chicken in bottom of 1 1/2 quart buttered casserole dish.
2. Saute bread cubes, celery and onion in pan.
3. Add seasonings and baking powder.
4. Beat egg slightly and add to milk.
5. Add to bread mixture and pour over chicken.
6. Spread mushroom soup over top, and cover with bread crumbs.
7. Bake one hour at 350 degrees.

This was my great aunt's recipe. She gave it to my mother who, in turn, gave it to me. It is very good. I usually make it for a covered dish social or sometimes a picnic.

Gloria L. Kanoff

CHICKEN WITH GARLIC

1 Small Chicken
1 Clove of Garlic
Tomato Sauce

1 Onion
1 Lemon
Salt

Serves: 4 People

Origin: Dominican Republic

1. Cut chicken in big pieces.
2. Heat oil in a frying pan.
3. Brown chicken; reduce heat and cook for about 1 hour.
4. Add tomato sauce, lemon, onion and garlic.
5. Simmer for 10-15 minutes.



Serve with rice and beans, plantano salad, and rice pudding.

Nidia Reinoso

SOUTHERN BAKED PORK CHOPS

6 Pork Chops (less fat the better)
1 Cup Chopped Celery
1 Tablespoon Chopped Onion

1 Tablespoon Prepared Mustard
1 Cup Light Brown Sugar
1 6 oz. Can Tomato Sauce

Serves 3

Origin: Tampa, Florida

1. Fry pork chops until brown.
2. Place in baking dish.
3. Add celery, onion, prepared mustard, brown sugar, tomato sauce.
4. Cover dish with foil
5. Bake at 350 for 1 hour. Serve

My mother-in-law in Tampa, Florida gave me this recipe.

Shirley Stoudt

YAKIBUTA

2 Pounds of Sirloin Pork
1 Cup of Vinegar
1/2 Cup Mirin (Sweet Sake)

3 Tea Bags
1/2 Cup of Japanese Sake

Serves 4-6

Origin: China

1. Put pork and tea bags in a pan on top of the stove.
2. Add enough water to cover pork completely.
3. Boil one and one-half (1 1/2) hours on low heat.
4. Drain water.
5. Add vinegar, sake, and mirin and boil five minutes on high heat.
6. Marinate overnight. Turn meat at least once during the night.

*My sister taught me to make this dish, but I'm not sure where she learned it.
Yakibuta can be served with cabbage cut into small strips.*

Tomoko Yasuda

PIG STOMACH

- 1 1/2 Pounds Pork Sausage
- 1 Pint of Bread Cubes (Dry in Oven For a Short Time)
- 4-5 Potatoes, Diced
- 1 Lining of Pig's Stomach (Pork Maw)
- 1 Small Onion Diced

Serves: 4 People

Origin: Lancaster County, USA

1. Stuff the lining of pig's stomach 1/2 full with the sausage, bread cubes, potatoes, and onion.
2. Sew the stomach shut.
3. Put remaining stuffing in foil package.
4. Put the pig's stomach in a roaster pan and add a little water.
5. Be sure there is a little water in the bottom of the pan at all times.
6. Put the foil packet with remaining stuffing in the oven also.
7. Roast at 350 for 2 to 3 hours
8. At the end remove the lid so that the stomach gets brown.

Barbara Tyndall





PORK WITH SAUERKRAUT AND DUMPLINGS

3 Pounds of Fresh Pork
1 Tablespoon of Salt
1 Quart of Sauerkraut

Dumplings:
1 1/3 Cups of Sifted Flour
1 Egg, Well Beaten
1/2 Teaspoon of Salt
1 1/2 Teaspoons of Butter, Melted
1/2 Cup of Water
Pinch of Nutmeg

Serves: 6 People

Origin: Pennsylvania Dutch

1. Place pork in a large heavy kettle; cover with salt (1 tablespoon) water.
2. Simmer for one hour.
3. Add the sauerkraut and more water if necessary.
4. Continue cooking for about 45 minutes until pork is tender.
5. Season with salt and pepper.
6. Sift together flour, salt and nutmeg.
7. In another bowl, mix egg, melted butter and water.
8. Stir egg mixture into flour mixture just until blended.
9. If necessary, add a little more flour to make mixture stiff enough to drop from a spoon.
10. Drop dumpling mixture by tablespoonfuls into hot sauerkraut and pork.
11. Cover tightly and continue cooking about 20 minutes until dumplings are tender.

In my family, this recipe was often served on New Year's Day for good luck..

Sandy Strunk

GUISADO DE CHILE COLORADO

2 Pounds of Potatoes
1 Garlic Clove
2 Teaspoons of Salt

2 Pounds of Pork Legs
1/4 Pound of Dry Red Pepper
Oil

Serves: 8 People

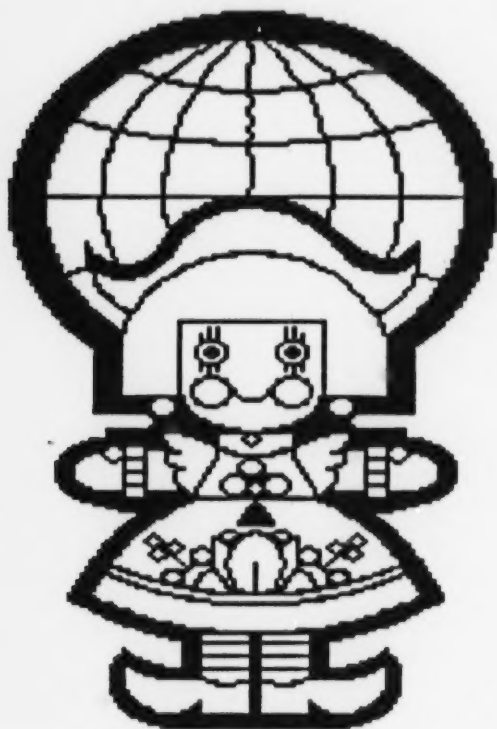
Origin: Mexico

1. Put red peppers in a pan with a small amount of water.
2. Boil peppers until they are tender.
3. Liquify red peppers in a blender with a little water.
4. Strain peppers and set liquid aside.
5. Peel potatoes and cut them in small pieces.
6. Fry potatoes for a few minutes, but not until they are tender.
7. Cut pork legs in little pieces.
8. Brown meat with potatoes.
9. Add red pepper liquid to meat and potatoes.
10. Add salt and garlic cloves.
11. Simmer until meat and potatoes are tender.
12. Remove garlic cloves, crush them, and return them to stew.
13. Serve with rice, spaghetti or fried beans.

I got this recipe from my mother who is Mexican.

Norma Reza Mendias





FRITADA

5 Pounds of Pork
10 Garlic Cloves, Crushed
Salt

4 Diced Scallions
1 Cup of Water or Beer
Cumin

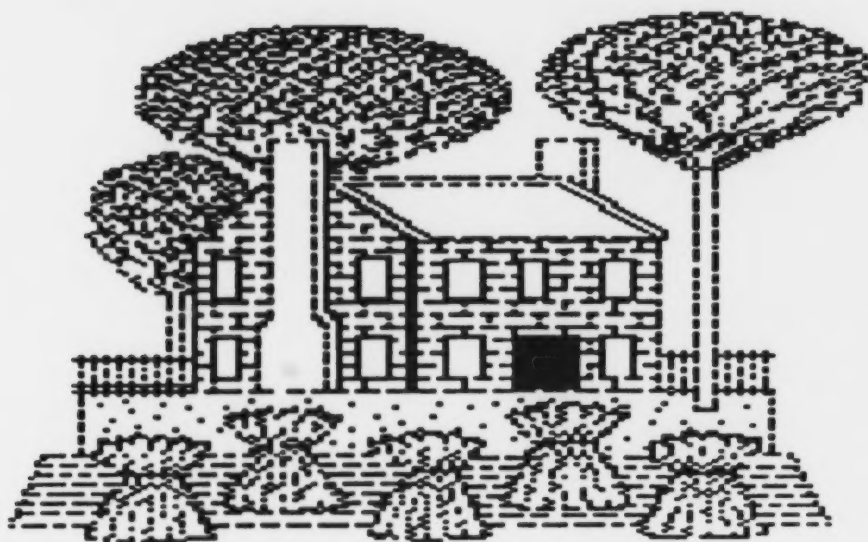
Serves: 8 People

Origin: Ecuador

1. Cut pork in medium sized cubes.
2. Place pork in a frying pan or wok with salt, cumin, scallions, garlic and water or beer.
3. Cook the pork thoroughly until brown, stirring occasionally.
4. Serve with hominy and potato pancakes on a bed of lettuce.

This dish is very popular in Ecuador, especially in the Andean region. It is traditionally sold by street vendors who cook it on the spot with charcoal.

Kathy Smith



FARMHOUSE RIBS

2-3 Pounds of Country Style Pork Ribs
1/4 Cup of Tomato Ketchup
1 Medium Onion, Sliced
1 Clove of Garlic, Minced
1 Tablespoon of Oil
3 Tablespoons of Chopped Celery

1/4 Cup of Mild Soy Sauce
1 Tablespoon of Dry Mustard
3 Tablespoons of Brown Sugar
2 Apples, Cut into Wedges
3 Tablespoons of Apple Cider Vinegar
Dash of Pepper

Serves: 4 People

Origin: USA

1. Trim excess fat from ribs.
2. In a large skillet, brown ribs in oil and place in a roasting pan.
3. Place apple wedges and onion rings over ribs.
4. Combine all other ingredients for sauce.
5. Baste ribs with sauce.
6. Cover with foil, and bake at 350 degrees for about fifty minutes.
7. Uncover, place remaining sauce over ribs.
8. Bake at 35 degrees for another 40-50 minutes or until ribs are no longer pink near the bones. The ribs should be nicely browned and tender.
9. Serve ribs with extra sauce if desired.

Nora Wiley

SWEET AND SOUR PORK

1 Pound of Center Cut Pork Tenderloin
1 (8 Ounce) Can of Unsweetened
Pineapple (Reserve Syrup)

2 Green Peppers
4 Cups of Oil

Marinade: -

1/2 Teaspoon of Salt
2 Tablespoons of Soy Sauce
1 Egg Yolk
1 Tablespoon of Cornstarch

Seasoning Sauce:

3 Tablespoons of White Vinegar
1/4 Cup of Sugar
1/4 Cup of Tomato Catsup
1/2 Cup of Cold Water (Add Pineapple
Syrup to Water)
1 Tablespoon of Cornstarch (Mix with
water and syrup)
1 Teaspoon of Salt
1 Teaspoon of Sesame Oil (Add Just
Before Serving)
1 Cup of Cornstarch (to Coat the Meat)

Serves: 4-6 People

1. Pound the pork to tenderize, then cut in 1-inch cubes.
2. Marinate the pork; let stand for two hours, but no more than six or it will be soggy.
3. Cut green pepper and pineapple slices into 1-inch cubes and set aside.
4. Heat four cups of oil in a wok.
5. While oil is heating, coat each piece of pork in cornstarch. When oil is ready, fry pork until brown and crisp (pork can be prepared ahead of time).
6. Drain and set aside. Remove oil and clean wok.
7. Heat two teaspoons of peanut oil.
8. Fry green peppers and pineapples.
9. Add seasoning sauce, stirring constantly until thickened.
10. Heat to bubbling, then turn off heat.
11. Add pork, mix well, serve.

Sonya Nelligan



HOT DOGS AND SAUERKRAUT

1-2 Pounds of Hot Dogs
1 Large Can of Sauerkraut
Ketchup

1 Package of Rolls
Onion
Mustard

Serves: 1-16 People

Origin: USA

1. Cook hot dogs on a 12-prong rotisserie for 45 minutes to 1 hour.
2. Place rolls on top of rotisserie for steaming.
3. Following directions on can, cook sauerkraut in a crockpot for 1 1/2 hours minimum.
4. When hot dogs and sauerkraut are cooked, place 1 hot dog in a bun, put sauerkraut on top (draining liquid), and serve with condiments of your choice.

This is an old recipe used in my family for several generations, picked up when my paternal grandfather moved to Lancaster, PA; via Reading, PA; from New Orleans, LA, around 1920. My other grandfather moved to Lancaster from Altoona in 1927, at which time he opened the New System Lunch. For 47 years, he used this recipe in combination with a soy sauce based condiment written up in an early 1960's edition of The New Yorker.

Alexis Francos





MEAT BUREK

500 Grams of Pork and Lamb Meat
1 Onion
3 Eggs
600 Grams of Filo Pastry

500 Milliliters of Mineral Water
Parsley
Salt and Pepper

Serves: 5 People

Origin: Yugoslavia

1. Fry finely chopped onion until a light yellow color is obtained.
2. Add minced meat, finely chopped parsley, salt and pepper.
3. Allow to simmer on low temperature for 20-30 minutes.
4. On the bottom of a greased baking dish, place 2-3 layers of pastry and cover with filling.
5. Alternately place pastry and filling layers until filling is all used up.
6. Beat the eggs, add mineral water, stir and pour over burek.
7. Place 2-3 layers of pastry on top, brush with oil or spread with sour cream.
8. Bake at a high temperature for about 1/2 hour.

This is a Croatian recipe. I got it from a Croatian cookbook; however, I also know it from "live" experience, since it is a very popular dish in Croatia. You can serve it with rakija, salad, wine, dessert, cookies, cake (torta), fruits and Croatian coffee (a special and unique coffee, somewhat like "espresso" but different).

Sister Violeta Cekic, A.S.C.



BOURBON BARBECUED RIBS

1 Cup of Ketchup
1/4 Cup of Molasses
1 Tablespoon of Worcestershire Sauce
1/2 Teaspoon of Dry Mustard
1 Tablespoon of Lemon Juice
4 1/2 Pounds of Fresh Pork Spareribs,
Cut into Serving Pieces

1/3 Cup of Bourbon
2 Tablespoons of Vinegar
1 Tablespoon of Soy Sauce
2 Cloves of Garlic, Crushed
Hot Pepper Sauce to Taste

Serves: 6 People

Origin: Southern USA

1. Mix all ingredients except spareribs and let stand at room temperature for 1 1/2 hours.
2. Place ribs, meaty side up, on rack in shallow roasting pan.
3. Roast uncovered in 325 degree oven for 1 1/2 - 2 hours.
4. Brush sauce over ribs.
5. Roast, turning and brushing frequently with sauce, until ribs are done (about 45 minutes longer).
6. Heat remaining sauce to boiling, stirring occasionally. Serve with ribs.

Lois Glover

PICKLED FISH

Fish
Water
50 Grams of Sea Salt

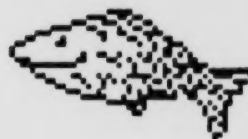
Tomato Juice
Garlic

Serves : As many as you want

Origin: Romania

1. Clean and salt fish lightly.
2. Bake or microwave fish until done.
3. Combine crushed garlic, warm water and tomato juice to make a sauce.
4. Heat sauce.
5. Serve fish in the sauce.

This dish is prepared by fishermen in my country.



Maria Sazar

CUA RANG MUÔI[^] (CRAB FRIED WITH SALT)

5 Medium Crabs
3 Garlic Cloves, Chopped
2 Tablespoons of Salt
2 Tablespoons of Oil
1 Tablespoon of Bean Sauce

1/2 Medium Onion, Chopped
2 Serrano Peppers, Chopped
2 Tablespoons of Curry
1 Tablespoon of Sugar
1/2 Cup of Water

Serves: 4 People

Origin: Vietnam

1. Wash and cut up crabs.
2. Salt crab and add bean sauce, peppers, curry, onions, and sugar.
3. Marinate crabs for fifteen minutes.
4. Heat oil in a shallow pan.
5. Saute chopped garlic.
6. Add crab mixture, 1/2 cup of water, and simmer for
7. Serve on a bed of China green onions.

You can eat the crab with bread and whiskey.

Mau.

SLICED FISH WITH CURRY SAUCE

Boston Blue Fish or Red Snapper

1 Egg White

1 Tablespoon of Cornstarch

1/4 Teaspoon of Salt

Chopped Onion

2 Tablespoons of Green Peas

1/2 Cup of Cornstarch

6 Cups of Cooking Oil

1 1/2 Teaspoons of Curry Powder

Sauce Mix:

1 Tablespoon of Sugar

8 Tablespoons of Water

1/2 Tablespoon of Cooking Wine

1/2 Teaspoon of Salt

1 Tablespoon of Tomato Sauce

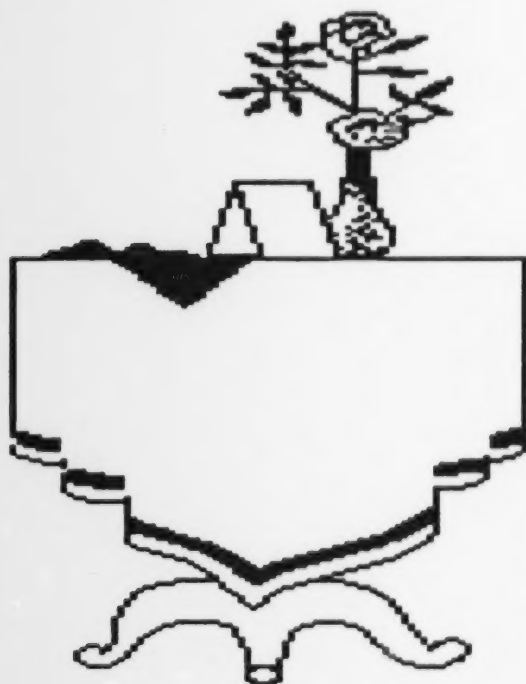
1 Teaspoon of Cornstarch

A Few Drops of Sesame Seed Oil

Serves: 4 - 6 People

1. Cut fish in rectangular shape 1-inch by 2-inches thick.
2. Mix egg white with 1 tablespoon of cornstarch and salt to form a batter.
3. Marinate fish in batter for 1/2 hour.
4. Coat sides of fish with cornstarch and deep fry for one minute.
5. Stir-fry chopped onion in two tablespoons of oil.
6. Add sauce mix, green peas and fried fish.
7. Mix thoroughly and serve.

Sonya Nelligan



STIR-FRIED SHRIMP WITH ASSORTED VEGETABLES

1/2 Pound of Shelled Shrimp
1 Teaspoon of Cooking Wine or Sherry
1/4 Teaspoon of Salt
1/3 Cup of Egg Whites
3/4 Tablespoon of Cornstarch
1/2 Cup Vegetable Oil

1/2 Cup Each:
Diced Brown Onions
Diced Carrots

Seasoning Sauce:
1/3 Teaspoon of Salt
1 Teaspoon of Cornstarch
4 Tablespoons of Water
Sesame Seed Oil

1/4 Cup Each:
Diced Button Mushrooms
Green Pea Pods

Serves: 6 People

Origin: China

1. Rinse and devein shrimp. Drain.
2. Mix shrimp with cooking wine, salt, egg white and cornstarch.
3. Add 1 tablespoon of oil and mix so that the shrimp will separate easily during frying.
4. Heat wok and add oil.
5. Fry shrimp over medium heat until cooked.
6. Remove shrimp and clean wok.
7. Reheat wok with 2 tablespoons of oil.
8. Stir-fry brown onions until fragrant.
9. Add carrots, mushrooms, peas and two tablespoons of water.
10. Stir-fry until liquid has almost evaporated and ingredients are cooked.
11. Add shrimp and seasoning sauce, turn heat to high, mix thoroughly.

My Chinese girlfriend taught me how to prepare this dish. She was teaching cooking at Washington University in St. Louis.

Sonya Nelligan

CHEESE BISCUITS

1/2 Cup of Shortening
1 Tablespoon of Sugar
1/4 Cup of Shredded Cheese
1/4 Teaspoon of Baking Soda

2 Cups of Flour
2 Teaspoons of Baking Powder
3/4 Cup of Buttermilk
1 Teaspoon of Salt

Makes: One Dozen Biscuits

Origin: Southern USA

1. Preheat oven to 450 degrees.
2. Cut shortening into flour, sugar, baking powder, baking soda, and salt with pastry blender until mixture resembles fine crumbs.
3. Stir in cheese and buttermilk until dough leaves side of bowl (dough will be soft and sticky).
4. Turn dough onto lightly floured surface and knead about ten times.
5. Roll or pat about 1/2 inch thick.
6. Cut with floured 2 1/2 inch round cutters.
7. Place on ungreased cookie sheet about one inch apart.
8. Bake until golden brown - about ten to twelve minutes.
9. Immediately remove from cookie sheet and serve.

Lois Glover

BEER BREAD

3 Cups of Self-rising Flour
1 Twelve (12) Ounce Beer

3 Tablespoons of Sugar

Makes: One Loaf

Origin: Lancaster County

1. Mix all ingredients together.
2. Bake at 350 degrees for 35-45 minutes.

Barbara Tyndall

TRESSE

1 Pound of Flour
2 Ounces of Melted Butter (Tepid)
3/4 Ounce of Yeast or 1 Sachet of
Dried Yeast

2 Tablespoons of Salt
1/2 Pint of Milk (Tepid)
1/2 Egg
1 Tablespoon of Sugar

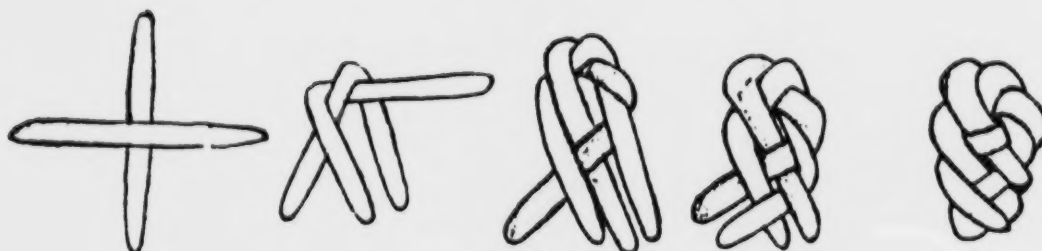
Serves 4

Origin: Switzerland

1. Sift flour in a large bowl and form a well in the middle.
2. In another bowl, mix the milk, yeast and sugar.
3. Pour the mixture into the well.
4. Add the salt, butter and egg.
5. Mix the dough a little at a time, then knead energetically for 15-30 minutes.
6. The dough is ready when it is no longer sticky.
7. Cover bowl with a damp towel and let sit for two hours at room temperature.
8. Divide the dough in two equal portions. Form two long rolls, narrow at the tips.
9. Place like an X and weave together (see illustration below).
10. Lay down the tresse on a slightly greased cookie sheet.
11. Replace the damp towel, and let stand for another half hour.
12. Brush the top of the tresse with the yellow part of an egg.
13. Bake 30-40 minutes at 350 degrees.
14. Allow to cool before serving.

It's a Swiss tradition to prepare this bread Saturday afternoon to be eaten at Sunday breakfast. Tresse is usually served with butter, marmalade or honey.

Christine Berthoud



QUESADILLAS

2 Eggs
2 Teaspoons of Baking Powder
1/2 Pound of White Cheese

1/2 Cup of Sugar
1/2 Pound of Rice Flour
1/2 Tub of Sour Cream

Serves 4-6

Origin: El Salvador

1. Preheat oven to 325.
2. Put rice flour and baking powder into a sifter.
3. Grate cheese and put in a plastic bowl.
4. Add eggs and mix with a wooden spoon.
5. Add sugar and sour cream. Mix by hand only.
6. Add rice flour and baking powder. Mix well.
7. Set aside for one hour before baking.
8. Pour mixture into a baking dish and bake for 25-30 minutes.

This recipe is from El Salvador. Serve quesadillas with coffee, tea, chocolate or milk.

Carmen Ramos

BUNUELOS COLOMBIANOS

2 Cups of Grated Cheese
2 Whole Eggs

14 Ounces of Bunoelina (Corn and
Yucca Starch)

Makes 40 Fritters

Origin: Colombia

1. Mix the Bunoelina with the other ingredients.
2. Soak dough in water or milk until it reaches a soft consistency.
3. Form the fritters carefully, avoiding pressing hard on the dough.
4. Deep fry fritters in cooking oil (not too hot at first) so that they grow in size.
5. Increase the temperature of the oil gradually in order to brown the fritters.

Emma Sanchez

BACON SKILLET BREAD

6 Slices of Bacon
4 Teaspoons of Baking Powder
1 1/2 Cups of Milk

2 Cups of Flour
2 Tablespoons of Sugar
2 Teaspoons of Salt

Serves: 4-6 People

Origin: Germany

1. Arrange bacon in a skillet in the shape of a wheel.
2. Heat bacon until a little grease is extracted.
3. Pour batter over bacon and cook for 12 minutes over moderate heat.
4. Turn bread over (you may need a plate to help turn) and cook for 10 or 12 more minutes.

This was my grandmother's recipe - a real favorite before the days of cholesterol counting.

Sandy Strunk

WAFFLES

2 1/3 Cups of Flour
1/2 Teaspoon of Salt
4 Tablespoons of Melted Shortening

3 Teaspoons of Baking Powder
1 3/4 Cup of Sweet Milk*
2 Eggs

Serves: 4-6 People

Origin: Germany

1. Sift dry ingredients together.
2. Separate egg whites and yolks.
3. Mix together egg yolks, shortening and milk.
4. Add milk mixture to dry ingredients.
5. Beat egg whites until stiff.
6. Fold egg whites into batter.

This recipe makes a very thin batter and takes about 3 tablespoons per waffle.

**Sweet milk is light cream.*

Sandy Strunk

BREAD

1 Cake of Yeast
2 Medium Potatoes
2 Tablespoons of Sugar
Flour

1 Cup of Warm Water
1 Tablespoon of Salt, Scant
4 Heaping Tablespoons of Flour

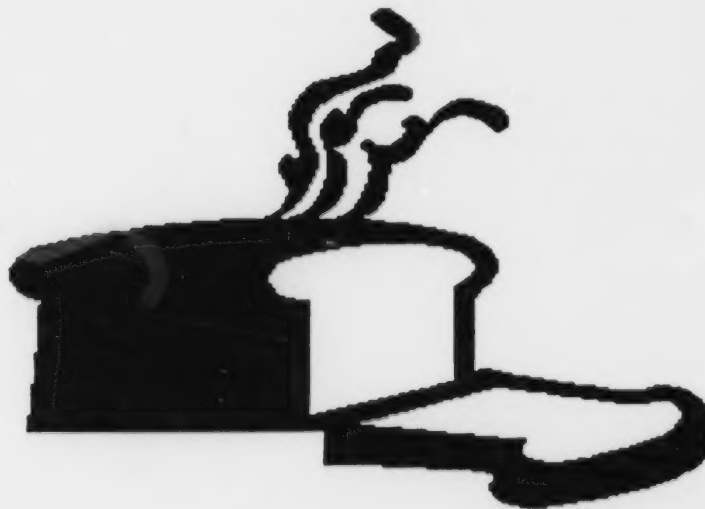
Makes: 3 Loaves

Origin: Germany

1. At 5 p.m., soak 1 cake of yeast in 1 cup of warm water.
2. Peel two potatoes and boil until tender.
3. Drain and save water from potatoes.
4. Mash the potatoes, add potato water and enough more to make three pints.
5. Add salt and sugar; allow mixture to cook until just warm.
6. Add 4 heaping tablespoons of flour and the yeast.
7. Beat well, and let stand overnight.
8. In the morning, add enough flour to stiffen the dough and work comfortably.
9. Knead dough on a floured surface for fifteen minutes.
10. Let dough rise until it is 1/2 more in bulk.
11. Work dough down and let it rise again.
12. Divide dough into three loaves, work lightly and put in pans.
13. Allow dough to rise 1/2 more in size.
14. Bake bread for 45 minutes at 350 degrees.

This was my grandmother's recipe for bread.

Sandy Strunk



STUFFED PINEAPPLE

1 Pineapple
2 Kiwis, Peeled and Sliced
1/2 Pint of Strawberries
1 Granny Smith Apple, Sliced
1/4 Cup Lemon Juice or Concentrate

1/2 Pound of Grapes
1/2 Pint of Raspberries
1 Large Banana, Cut in Half and Sliced
2 Red Apples, Sliced
1/2 Cup of Walnuts

Serves: 8-10 People

Origin: USA

1. Have pineapple cored, leaving bottom on and rind intact.
2. Remove core with very sharp knife, creating a container.
3. Dip banana slices and apple slices in lemon juice to prevent browning.
4. Repair slit in pineapple with toothpicks, and fill with fruit.
5. Top with walnuts and place on decorative plate.
6. Reserve 1 red apple, 1 green apple and banana for garnish.

This is an original recipe.

Joyce Sammons



FINGER JELLO

3 Packages of Jello, Any Flavor
3 Cups of Boiling Water

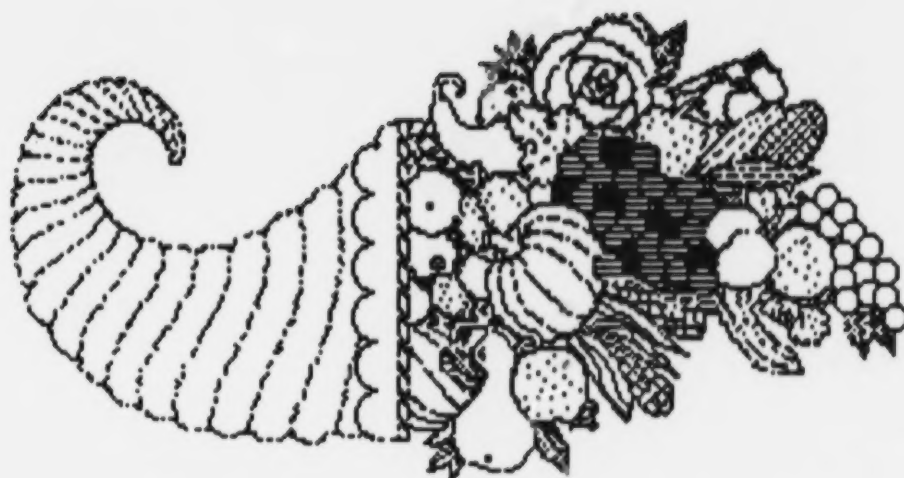
3 Envelopes of Knox Gelatin

Makes 24 Pieces

Origin: USA

1. Mix jello and Knox gelatin together.
2. Add three cups of boiling water and stir well.
3. Pour into a 10-inch by 12-inch pan.
4. Refrigerate for four hours.
5. Cut into twenty-four pieces.

Sui Lee



FLAN DE LECHE

2 1/2 Cups of Milk
3/4 Cup of Caster (Super Fine) Sugar
2 Tablespoons of Cold Water
Pinch of Salt

1 Vanilla Bean
1/2 Cup Sugar for Caramel
4 Eggs

Serves: 4 People

Origin: Spain

1. Put milk, vanilla bean and sugar into a saucepan and slowly bring to a boil.
2. Stir until sugar is dissolved; allow to cool.
3. To prepare the caramel, put the dry sugar into a small saucepan and melt it over a moderate heat, stirring well with a wooden spoon.
4. When the sugar turns brown, remove from the heat and add the water, taking care, as it will bubble up.
5. Stir over low heat until it forms a smooth syrup.
6. Pour a little of the caramel into each of 4 wetted moulds.
7. Whisk the eggs and salt thoroughly in a bowl and stir in the slightly cooled, sweetened milk, first removing the vanilla pod.
8. Fill each mould with this mixture.
9. Stand moulds in an ovenproof dish with hot water that reaches half-way up the sides of the moulds.
10. Bake in a pre-heated oven at 350 degrees for about 30 minutes. The custard is ready when a small knife inserted into it comes out clean.
11. Chill thoroughly and turn out on to small plates just before serving.

This is European flan, called Creme Caramel in France. I like it with less sugar in the custard - 1/4 to 1/2 cup.

Fran Mannino Corse

PUERTO RICAN FLAN

6 Eggs
1 Can of Evaporated Milk
3 Teaspoons of Sugar

1 Can of Condensed Milk
1 Teaspoon of Vanilla

Serves: 6 People

Origin: Puerto Rico

1. Beat eggs, add both milks and vanilla; beat well.
2. Melt 3 teaspoons of sugar in a frying pan, stirring constantly until golden in color.
3. Pour caramel on bottom of 6 cup mold.
4. Pour egg and milk mixture on top.
5. Set molds in an ovenproof pan of water. Water level should be half-way up the molds.
6. Bake 40 minutes at 350 degrees.
7. Flan is done when knife inserted in the middle comes out clean.

Carmen Rivera



MILK PUDDING

1 Pint of Cream
1 Quart of Milk
2 Cans of Fruit Cocktail

1 Can of Condensed Milk
3 Packets of Unflavored Gelatin

Serves 4-6

Origin: Colombia

1. Heat milk in saucepan.
2. When milk is very hot, add unflavored gelatin.
3. Remove mixture from heat.
4. Combine condensed milk and cream in a blender.
5. Whip cream and milk in blender on high speed.
6. Fold whipped cream mixture into heated milk mixture.
7. Pour into glass mold.
8. Add fruit cocktail on top of mixture.
9. Chill and serve.

Maria Teresa Carvajal





BANANA BREAD PUDDING

Bread Pudding:

- 1/4 Cup of Butter
- 4 Cups of Stale French or Sourdough Bread
- 3 Eggs
- 1/2 Cup of Sugar
- 1/2 Teaspoon of Sugar
- 1/2 Teaspoon of Nutmeg
- 1/4 Teaspoon of Salt
- 2 Teaspoons of Vanilla
- 1 Cup of Bananas, Sliced Thin
- 2 Cups of Milk

Sauce:

- 3 Tablespoons of Butter
- 2 Tablespoons of Sugar
- 1 Tablespoon of Cornstarch
- 3/4 Cup of Milk
- 1/4 Cup of Light Corn Syrup
- 1 Teaspoon of Vanilla

Serves: 6 People

Origin: Vietnam

1. Preheat oven to 375 degrees.
2. In a 2-quart casserole, melt 1/4 cup of butter in the oven (4-6 minutes).
3. Stir bread cubes into melted butter.
4. In medium bowl, slightly beat eggs.
5. Stir in remaining pudding ingredients, except banana.
6. Stir in bananas, and pour mixture over bread cubes.
7. Stir ingredients together.
8. Bake for 40-50 minutes or until knife inserted near center comes out clean.
9. While pudding is baking, in a 1-quart saucepan, melt 3 tablespoons of butter over medium heat.
10. Stir in sugar and cornstarch.
11. Add remaining ingredients, except vanilla.
12. Continue cooking, stirring occasionally, until sauce comes to a full boil.
13. Boil 1 minute, then stir in vanilla.
14. Serve sauce over warm pudding.

This is the first pudding I made in my life.

Mai M. May

RICE PUDDING

2 Eggs, Separated
2 Cups of Milk
1 Tablespoon of Butter, Melted
2 Tablespoons of Confectioners' Sugar

1/2 Cup of Sugar
1 Cup of Cooked Rice
1/2 Cup of Raisins
1/8 Teaspoon of Ground Nutmeg

Serves: 6 People

Origin: Pennsylvania Dutch

1. Beat egg yolks; mix in sugar and milk.
2. Stir in rice.
3. Mix in butter and raisins.
4. Pour mixture into buttered 1-quart baking dish.
5. Beat egg whites until frothy; add confectioners' sugar while beating.
6. Spread egg whites on top of rice mixture.
7. Sprinkle with nutmeg.
8. Bake at 325 degrees about 30 minutes.

Sandy Strunk

BROWN BETTY

4 Cups of Thinly Sliced Apples
3/4 Cup of Firmly Packed Brown Sugar
2 Teaspoons of Butter

2 Cups of Bread Cubes
1/8 Teaspoon of Ground Cinnamon
1/4 Cup of Hot Water

Serves: 4-6 People

Origin: Pennsylvania Dutch

1. Butter a 1 1/4-quart baking dish.
2. Arrange a layer of apples on the bottom, top with 1/2 the bread cubes, and 1/2 the sugar.
3. Add another layer of apples, the remaining bread, and remaining apples.
4. Top with rest of sugar, sprinkle with cinnamon, and dot with butter.
5. Pour water over mixture.
6. Cover and bake at 350 degrees for 30 minutes.
7. Remove cover and bake ten minutes longer.
8. Serve with lemon sauce.*

*Lemon Sauce: Mix 3 tablespoons of sugar, 1 tablespoon of cornstarch, and 1/4 teaspoon of salt together in a saucepan. Slowly add 1 cup of boiling water, stirring constantly. Bring to a boil and simmer for 5 minutes. Remove from heat; stir in 1 teaspoon of butter, 3/4 teaspoon of grated lemon peel, and 1 tablespoon of lemon juice.

Sandy Strunk

CRACKER PUDDING

1 Cup of Crushed Soda Crackers
2 Eggs, Separated
1 Teaspoon of Vanilla

1 Cup of Shredded Coconut
1 Quart of Milk
1/4 Cup of Sugar

Serves: 4-6 People

Origin: Lancaster County, PA

1. Combine crackers, coconut, egg yolks and milk in a saucepan.
2. Cook until thickened.
3. Add vanilla.
4. Beat egg whites until stiff.
5. Fold egg whites into pudding.

Barbara Tyndall

PEACHES AND CREAM DESSERT

1 1/2 Cups of All-Purpose Flour
2 Teaspoons of Baking Powder
2 Eggs, Beaten
6 Tablespoons of Margarine, Melted
2 (8-Ounce) Packages of Cream Cheese
3/4 Cup of Sugar

2 (4-Ounce) Packages of Vanilla
Pudding Mix
1 Cup of Milk
2 (16-Ounce) Cans of Peach Slices
1 Teaspoon of Ground Cinnamon

Serves: 6-8 People

Origin: USA

1. Stir together flour, pudding mix and baking powder.
2. Combine egg, milk and melted margarine.
3. Mix milk mixture with dry ingredients and blend well.
4. Spread batter in oblong pan.
5. Drain peaches, reserving 2/3 cup of liquid.
6. Chop peaches and sprinkle them on top of batter.
7. Beat together cream cheese, sugar and reserved peach liquid.
8. Pour over peaches.
9. Combine 2 tablespoons of sugar with cinnamon and sprinkle over top of casserole.
10. Bake at 350 degrees for 45 minutes.

Barbara Tyndall

BANANA PUDDING

1 Cup of Dry Tapioca
1 Cup of Coconut Milk
2 Cups of Sugar
12 Bananas, Sliced

5 Cups of Water
1/2 Cup of Shredded Coconut
1 Teaspoon of Salt

Serves: 6 People

Origin: Cambodia

1. Set one cup of dry tapioca in warm water; cover and let stand for 15-30 minutes.
2. Boil 5 cups of water, 1 cup of coconut milk, and 1/2 cup of shredded coconut.
3. Add two cups of sugar, 1 teaspoon of salt and bring to a boil again.
4. After five minutes, add bananas and tapioca and boil for five more minutes.
5. Put in refrigerator, but serve while still warm.



Khom Tuy

BANANA SPLIT DESSERT

2 Cups of Graham Cracker Crumbs
1/2 Pound of Soft Margarine
1 Teaspoon of Vanilla
2 Large Cans of Crushed Pineapple
Ground Nuts
2 Cups of 10X Sugar

5 Tablespoons of Melted Butter
2 Eggs
3-4 Bananas
1 Large Container of Cool Whip
Maraschino Cherries

Serves: 6-8 People

Origin: USA

1. Blend graham cracker crumbs and butter; press into 13x9x1 1/2 inch cake pan.
2. Beat sugar, margarine, eggs and vanilla in mixer for five minutes.
3. Spread mixture over crust and chill for one hour.
4. Slice bananas lengthwise and put over cream mixture.
5. Drain pineapple and spread over bananas.
6. Spread cool whip over the top and garnish with nuts and cherries.

This is a family recipe of a friend of mine. We had it at a picnic one time and my husband just raved about it. I asked her for the recipe, but waited almost a year to get it because they moved away. She sent it to me in a birthday card the following spring.

Gloria L. Kanoff

BANANA SPLIT CAKE

2 Cups of Graham Crackers
1 Stick of Margarine, Melted
2 Cups of 10X Sugar
1 Teaspoon of Vanilla
1 Large Container of Cool Whip
1/2 Cup of Chopped Nuts

5 Bananas, Sliced Lengthwise
2 Sticks of Margarine, Softened
2 Eggs
1 (Number 2) Can of Crushed Pineapple
8 Maraschino Cherries, Chopped

Serves: 6-8 People

Origin: USA

1. Combine graham cracker crumbs with melted margarine.
2. Line a 13x9x2 inch pan with graham cracker crust.
3. Combine 2 sticks of margarine, eggs, sugar and vanilla.
4. Beat at high speed not less than fifteen minutes.
5. Spread mixture over crust.
6. Arrange sliced bananas over top of mixture.
7. Drain pineapple and spread over bananas.
8. Spread cool whip over bananas; sprinkle with nuts and cherries and refrigerate for 24 hours.

Lori Toomey





CHEESE CAKE

Crust:

- 1-1/2 Cups of Graham Cracker Crumbs
- 3 Tablespoons of Sugar
- 1/2 Teaspoon of Cinnamon
- 1/4 Cup of Butter, Melted

Filling:

- 3 (8-Ounce) Packages of Cream Cheese
- 1 1/4 Cups of Sugar
- 6 Eggs, Separated
- 1 Pint of Sour Cream
- 2 Teaspoons of Vanilla
- Grated Rind of One Lemon and Juice of 1/2 Lemon

Serves: 6-8 People

Origin: USA

1. Combine cracker crumbs, sugar, cinnamon and butter in a bowl until well blended.
2. Press crumb mixture into bottom and sides of well-greased pan.
3. Chill crust while making filling.
4. With electric mixer on low speed, beat cream cheese in large bowl until soft.
5. Gradually beat in sugar until light and fluffy.
6. Beat in egg yolks, one at a time until well blended.
7. Stir in sour cream, flour, vanilla, lemon rind and juice until smooth.
8. Beat egg whites until they hold stiff peaks,
9. Fold whites into cheese mixture.
10. Bake at 350 degrees for one hour and 15 minutes or until top is golden brown.
11. Place pan in center of a 12-inch square of foil and press foil up around side of pan.
12. Allow cake to cook in oven 1 hour after heat is turned off.
13. Cool on rack and chill overnight.

Sonya Nelligan

CHOCOLATE CHEESECAKE

1 Package of Dark Chocolate Cake Mix
2 (8-Ounce) Packages of Cream Cheese
4 Eggs
1 Teaspoon of Vanilla

1 Tablespoon of Oil
1/2 Cup of Sugar
1 1/2 Cups of Milk

Serves: 6-8 People

Origin: USA

1. Preheat oven to 300 degrees.
2. Reserve one cup of cake mix.
3. In a large bowl, combine remaining cake mix, egg and oil.
4. Press mixture into bottom of greased 13x9 inch pan (or 2 nine-inch pans).
5. In the same bowl, blend cream cheese and sugar.
6. Add three eggs and reserved cake mix.
7. Beat one minute at medium speed.
8. At low speed, slowly add vanilla and milk.
9. Mix until smooth; pour into crust.
10. Bake 55-65 minutes until center is firm.
11. Garnish with whipped cream and shaved chocolate.
12. Store in refrigerator.

Sonya Nelligan



WACKY CAKE

1 1/2 Cups of Flour
3 Tablespoons of Cocoa
1/2 Teaspoon of Salt
6 Tablespoons of Salad Oil
1 Cup of Cold Water

1 Cup of Sugar
1 Teaspoon of Soda
1 Tablespoon of Vinegar
1 Teaspoon of Vanilla

Serves: 6 People

Origin: USA

1. Mix the ingredients in a square pan, 8x8 inches or 9x9 inches.
2. Bake at 350 degrees for 25 minutes.

The cake can be eaten plain or with icing on it. Cut and serve directly from the pan.

Tana Pratt

MARTHA WASHINGTON'S GREAT CAKE

40 Eggs, Separated
4 Pounds of Sugar
5 Pounds of Fruit
1 Nutmeg
Fresh Brandy

4 Pounds of Butter
5 Pounds of Flower (sic)
1/2 Ounce of Mace
1/2 Pint of Wine

Serves: Many!

Origin: Washington D.C.

Take eggs and divide the whites from the youlks and beat them to a froth start work 4 pounds of butter to a cream and put the whites of eggs to it a spoon full at a time till it is well workd then put 4 pounds sugar finely powdered to it in the same manner then put in the youlks of eggs and then 5 pounds of flower and 5 pounds of fruit 2 hours will bake it add to it half an ounce of mace 1 nutmeg half a pint of wine and some fresh brandy.

I found this recipe in the Sunday paper. This cake is served at the Valley Forge Historical Society celebrations - most recently, George Washington's 258th birthday. The cake is baked by the society members from a recipe handed down by Martha Washington. The recipe, copied in the handwriting of one of her grandchildren, has been preserved at Mount Vernon.

Carol Myers



PLUM-PUDDING CAKE

1 Cup of All-Purpose Flour
2 Teaspoons of Baking Powder
1/2 Cup of Milk
2 Cups of Sliced Red Plums
1 Teaspoon of Ground Cinnamon

3/4 Cup of Granulated Sugar
1/4 Teaspoon of Salt
3 Tablespoons of Vegetable Oil
1 Cup of Packed Brown Sugar
1 Cup of Boiling Water

Serves: 6 People

Origin: USA

1. Preheat oven to 350 degrees.
2. Mix flour, sugar, baking powder, and salt.
3. Beat in milk and oil until smooth.
4. Pour in ungreased square pan, 8x8x2 inches.
5. Top with plums.
6. Mix brown sugar and cinnamon in separate bowl and sprinkle over top of plums.
7. Bake until wooden toothpick inserted in center comes out clean (60-70 minutes).
8. Serve warm.

Top cake with whipped cream or vanilla ice cream and serve with a glass of milk.

Patricia Shiffler

BIRTHDAY OR WEDDING CAKE

Flour
Eggs
Food Coloring
Vanilla

Sugar
Butter
Oranges
Water and Alcohol

Origin: Vietnam

1. Mix eggs with sugar and orange juice.
2. Mix flour and bake at 350 degrees for 4 hours.
3. For icing, mix egg whites with sugar, butter and vanilla.
4. Decorate.

If the cake has many layers, you would use a higher temperature.

Thuy Huu Nguyen

CARROT CAKE

2 Cups of All-Purpose Flour
1 1/2 Teaspoons of Baking Powder
1 Teaspoon of Salt
1 1/3 Cups of Granulated Sugar
4 Large Eggs
1 (16-Ounce) Can of Crushed Pineapple

2 Teaspoons of Baking Powder
1 Tablespoon of Ground Cinnamon
2/3 Cup of Vegetable Oil
2 Teaspoons of Vanilla
3 Cups of Coarsely Shredded Carrots
Walnuts (Optional)

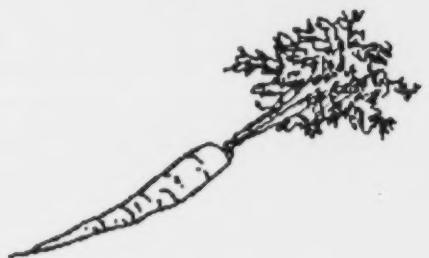
Frosting:

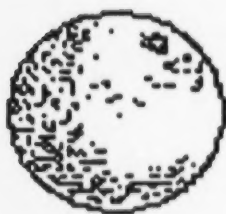
1/2 Cup of 1% Fat Cottage Cheese
2 Ounces of Light Cream Cheese
2 Tablespoons of Granulated Sugar
1/2 Teaspoon of Vanilla
Ground Cinnamon (Garnish)

Serves: 12 People

1. Preheat oven to 350 degrees.
2. Lightly grease and flour a 9-inch tube pan.
3. Mix two cups of flour, baking powder, cinnamon and salt.
4. In a large bowl, beat sugar, oil, and vanilla with a wire whisk or electric mixer on medium speed until well blended.
5. Add eggs, one at a time, beating well after each.
6. Gradually add flour mixture, beating just until smooth and well blended.
7. With a wooden spoon, stir in carrots and drained pineapple until evenly distributed.
8. Pour batter into prepared pan.
9. Bake 50-60 minutes until toothpick inserted near center comes out clean and cake pulls away from the sides of pan.
10. Cool in pan on rack for ten minutes.
11. Remove from pan and cool completely.
12. Process all frosting ingredients in blender or food processor until smooth.
13. Place cake on serving plate, spread frosting on top, then garnish with a sprinkling of cinnamon.

Rafael De Jesus





ORANGE CAKE A LA MAYA

1 Cup of Butter
1 Cup of All-Purpose Flour
1 Cup of Orange Juice
1 1/2 Teaspoons of Orange Rind
1 Cup of Ground Almonds
2 Cups of Orange Juice
1 1/2 Cups of Sugar
1 Teaspoon of Salt (Optional)

1 Cup of Farina (Cream of Wheat)
1 Cup of Sugar
6 Eggs
1 Teaspoon of Vanilla
2 Teaspoons of Baking Powder
Stick Cinnamon
Nutmeg (Optional)

Serves: 8-12 People

Origin: Mexico

1. Mix together flour, baking powder, and salt.
2. Cream butter and 1 cup of sugar; add orange rind, vanilla and eggs.
3. To butter and sugar mixture, add farina, flour mix, 1 cup of orange juice and almonds.
4. Bake at 350 degrees for 45 minutes.
5. To make syrup, mix 1 1/2 cups of sugar, 2 cups of orange juice (fresh squeezed with pulp), cinnamon and nutmeg.
6. Boil syrup for fifteen minutes.
7. Pour syrup over cake immediately.
8. After 10 minutes, cut around the pan; transfer cake to a dish to cool for at least two hours.
9. Decorate with orange slices.

It is said that this cake originated with the Maya Indians in Southern Mexico, but nobody knows for certain.

Maria C. Ruby

BLACK ROCK CAKE

2 Cups of Oatmeal (Instant Flavored
May be Used)
2 Eggs
1/2 Cup of Brown Sugar

1 Cup of Milk
1 1/2 Teaspoons of Baking Powder
1/4 Cup of Oil

Serves: 6-8 People

Origin: Lancaster County, PA

1. Mix oatmeal and baking powder in a bowl.
2. Mix all other ingredients in the blender, blend until mixed and add to dry ingredients.
3. Allow to set for fifteen minutes.
4. Pour into buttered quart dish.
5. Bake at 325 degrees for 45 minutes.
6. Serve with hot milk or French vanilla yogurt.

This recipe was originated at Black Rock Camp as a way to get campers to eat oatmeal in the morning. It is now served in many homes and bed and breakfasts in Lancaster County.

Marion Dourte



CHOCOLATE CAKE

2 Cups of Cocoa
3 Cups of Sugar
1 Teaspoon of Baking Soda
2 Eggs

2 Cups of Milk
4 Cups of Flour
1 Teaspoon of Vanilla
2 Tablespoons of Butter

Serves: 6-8 People

Origin: Colombia

1. Mix butter and sugar.
2. Add eggs and vanilla to butter and sugar.
3. Combine chocolate, baking soda and flour.
4. Add dry ingredients and milk alternately to sugar mixture.
5. Put in pans and bake at 350 degrees for about 45 minutes.
6. Broil for 15 minutes.

Gustavo Guarin

WALNUT TORTE

12 Eggs, Separated
1/2 Pound of Ground Walnuts
1/2 Teaspoon of Salt
2-3 Tablespoons of Brandy or Rum

1 Cup of Sugar
1/3 Cup of Flour
Bread Crumbs

Filling:

1 Cup of Heavy Cream
3/4 Cup of Sugar
2 Tablespoons of Brandy or Rum
1 Cup of Walnuts
1/2 Teaspoon of Vanilla

Frosting:

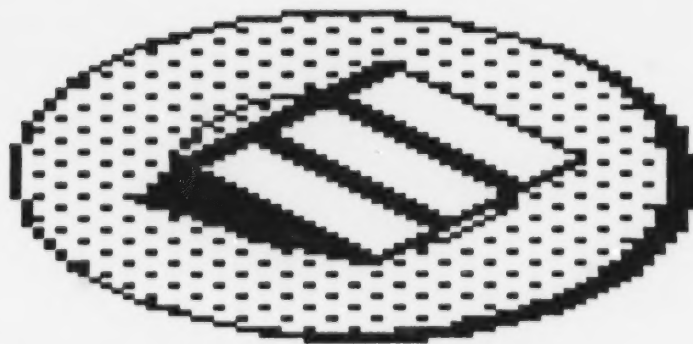
1 Egg
2 Tablespoons of Melted Butter
2 Tablespoons of Brandy or Rum
2 1/2 Cups of Confectioners' Sugar
Salt

Serves: 4-6 People

Origin: Poland

1. For filling, whip one cup of heavy cream until thick.
2. Add 3/4 cup of sugar, 1/2 teaspoon of vanilla, and two tablespoons of brandy or rum.
3. Fold in one cup of walnuts.
4. Frosting: Beat one egg until thick.
5. Add 2 tablespoons of melted butter, 2 tablespoons of brandy or rum, salt, and confectioners sugar. Frosting should be of thin consistency.
6. Cake: Beat egg yolks until thick.
7. Add sugar and beat until thick and soft.
8. Fold in walnuts and flour mix.
9. Beat egg whites and salt until stiff; fold into batter.
10. Grease and flour two pans.
11. Bake at 350 degrees for 25 minutes.
12. Cool; sprinkle with rum.
13. Spread filling over first layer of cake.
14. Frost cake and serve.

Ruth Morehead



CROATIAN CAKE

7 Egg Yolks
150 Grams of Sugar (5 Ounces)
200 Grams of Grated Walnuts (7 Ounces)
40 Grams of Flour (1 1/2 Ounces)
7 Egg Whites

Icing:
150 Grams of Sugar
150 Grams of Unsalted Butter
4 Eggs
2 Tablespoons of Instant Coffee

Note: 1 Ounce = 28.35 Grams

Serves: 8-10 People

Origin: Croatia (Yugoslavia)

1. Mix egg yolks with sugar until frothy.
2. Gently blend in walnuts and flour.
3. Beat egg whites until stiff.
4. Fold egg whites into batter.
5. Bake at 350 degrees for 30 minutes.
6. To make the icing, combine eggs and sugar.
7. Add instant coffee and softened butter.

This recipe was published by Coration Australian Welfare Center in Sydney, Australia in 1987. Croatian cake can be served with a beverage or ice cream.

Sister Anna Klepic



BAKLAVA

2 Pounds of Filo
1 Pound of Unsalted Butter
1 Tablespoon of Crisco

2 Pounds of Nuts - Walnuts or Blanched
Almonds
Cloves

Syrup:
1/2 Quartered Apple
1/2 Orange
5 Cups of Sugar
5 Cups of Water
Juice of One Lemon
1/4 Cup of Honey

Serves: 20-36 People

Origin: Greece

1. Chop nuts finely.
2. Melt butter and Crisco.
3. Brush bottom of pan with melted butter and place 4 pastry sheets on bottom.
4. Alternate layers of nuts and pastry sheets until all ingredients are gone - ending with 4 pastry sheets on top.
5. Brush top with butter and cut into diamond shapes, placing one clove bud in center of each diamond.
6. Bake at 350 degrees until golden brown.
7. For syrup, boil apple, orange, sugar and water for 20 minutes.
8. When syrup is cool, add lemon and honey.
9. Pour cool syrup on hot Baklava.

My grandmother used to make Baklava, the "King of Greek Pastries", only for New Year's Day and the church bazaar. New Year's Day is important in our church because it is also the patron saint's day for Saint Basil, who wrote the liturgy used on Easter Sunday and whose sermon on Christ's resurrection is read as part of the Easter service. Many men named Basil in Greek have the name William in English. Because we have four people in my mother's family with that name, St. Basil's Day has been important. (In most European countries, name days rather than birthdays are celebrated.) Baklava is strictly company dessert. It can be served with coffee, tea and other company desserts.

Alexis Francos

FASTNACHTS

1 Package of Active Dry Yeast
1 Teaspoon of Sugar
2 Cups of Milk, Scalded and Cooled to Lukewarm
1 Cup of Sugar
1/2 Teaspoon of Ground Nutmeg

1/4 Cup of Warm Water
3 Cups of Sifted Flour
3 Eggs, Well Beaten
1/4 Cup of Melted Butter
1 1/2 Teaspoons of Salt
3 1/2 - 4 Cups of Sifted Flour

Makes: 4 dozen Fastnachts

Origin: Pennsylvania Dutch

1. Soften yeast in warm water; let stand 5 to 10 minutes.
2. Add 1 teaspoon of sugar and 3 cups of flour to the milk, stirring until smooth.
3. Stir in yeast; cover and let rise in a warm place until doubled.
4. Stir in eggs, butter, remaining sugar, salt, nutmeg, and enough flour so that mixture can no longer be stirred with a spoon (a soft dough).
5. Cover; let rise until doubled.
6. Punch down dough and divide into two portions.
7. On a floured surface, roll each portion about 1/2-inch thick.
8. Cut dough with a doughnut cutter; cover and let rise in a warm place until doubled.
9. Fry in deep fat (370 degrees) 3 or 4 minutes until lightly browned.
10. Turn fastnachts to brown evenly.
11. Remove from fat; drain.

In the Christian tradition, fastnachts are a Shrove Tuesday tradition. Shrove Tuesday is the last Tuesday before Lent, and it is said that fastnachts were made to use up all the cooking fat before Lent.

Sandy Strunk



MICHIGAN ROCK COOKIES

1 1/2 Cups of Sugar
4 Eggs
1 Teaspoon of Cream of Tartar
1 Teaspoon of Baking Powder
1/2 Cup of Hot Water
1 1/2 Cups of Black Walnuts

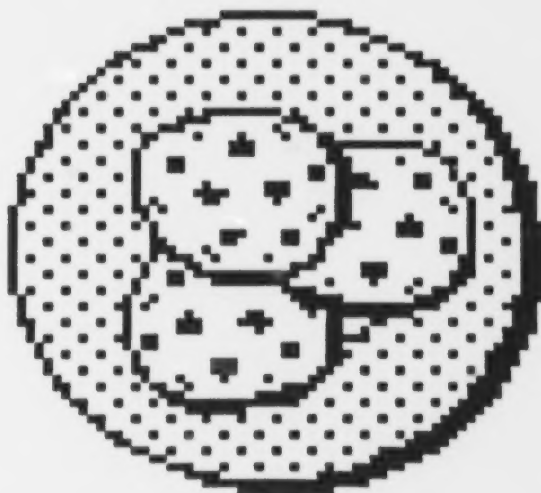
1 Cup of Butter
3 Cups of Flour
1 Teaspoon of Cinnamon
1 Teaspoon of Baking Soda
1 Teaspoon of Vanilla
1 Pound of Chopped Dates

Serves: 8-10 People

1. Cream butter and sugar.
2. Add 4 beaten eggs.
3. Combine flour, cream of tartar, cinnamon, and baking powder.
4. Add dry ingredients to sugar, butter and eggs.
5. Add one teaspoon of baking soda in 1/2 cup of hot water and mix well.
6. Add vanilla, black walnuts and chopped dates.
7. Drop by rounded teaspoons onto greased cookie sheet.
8. Bake for 10 minutes at 400 degrees.

This is my mother-in-law's recipe.

Ruth Morehead



MOLASSES COOKIES

1 Cup of Sugar
1 Cup of Shortening (1/2 Butter for Flavor)
1 Cup of Boiling Water
2 Teaspoons of Ginger
5 Small Cups of Flour

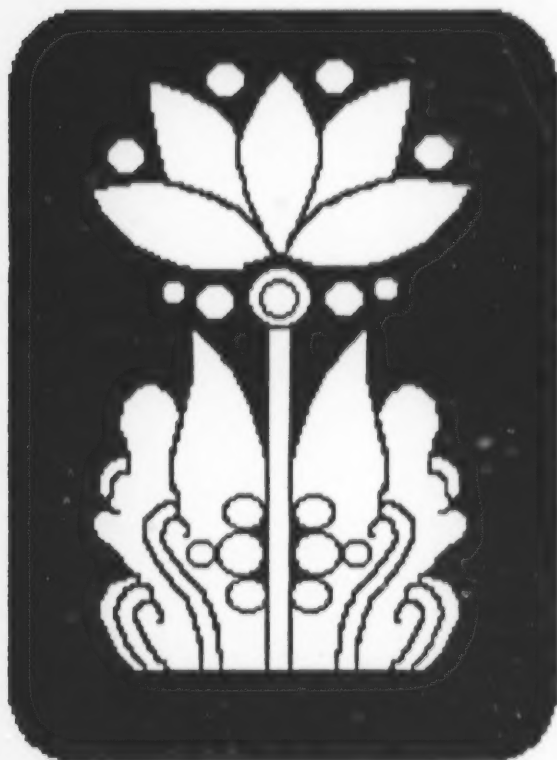
1 Cup of Light Molasses
2 Eggs
2 Teaspoons of Soda
1/4 Teaspoon of Salt

Origin: Pennsylvania Dutch

1. Sift flour, soda, ginger and salt together.
2. Cream shortening and sugar together; add the well beaten eggs.
3. Mix the hot water and molasses.
4. Add dry ingredients and liquid alternately to creamed mixture, beating only enough to mix well.
5. Drop by teaspoons onto ungreased cookie sheets.
6. Bake at 375 degrees for 12-15 minutes.

This recipe belonged to my grandmother.

Sandy Strunk





MONSTER COOKIES

1 Pound of Brown Sugar
2 Cups of White Sugar
4 Teaspoons of Baking Soda
1 1/2 Pounds of Peanut Butter
1/2 Pound of M+M's

6 Eggs
1 1/2 Teaspoons of White Karo Syrup
1/2 Pound of Butter
1/2 Pound of Chocolate Chips
9 Cups of Quick Cooking Oatmeal

1. Combine all ingredients in this order: brown sugar, eggs, white sugar, Karo syrup, baking soda, butter, peanut butter, chocolate chips, M+M's, and oatmeal.
2. Drop on pan with ice cream scoop.
3. Flatten cookies with hand.
4. Bake 10-12 minutes at 350 degrees.

Sonya Nelligan

MRS. MCCOY'S GINGERBREAD

1 Egg
1 Cup of Shortening
1 Cup of Cold Water
Pinch of Salt
3 Cups of Flour

1 Cup of Brown Sugar
1 1/2 Cups of Light Molasses
1 Dessert Spoon of Soda
1 Dessert Spoon of Cinnamon

Serves: 8-10

Origin: Pennsylvania Dutch

1. Cream shortening and sugar.
2. Add egg and molasses.
3. Sift dry ingredients together.
4. Alternately add water and dry ingredients to creamed mixture; mix thoroughly.
5. Pour batter into greased 13 1/2x9 1/2x2 inch pan.
6. Bake at 350 degrees for 35-45 minutes.

I have no idea who Mrs. McCoy is/was, but this recipe for gingerbread was copied in my grandmother's cookbook.

Sandy Strunk

HARRESSAH

3 Cups of Wheat Germ
3 Cups of Coconut (well ground)
2 Cups of Sugar
2 Cups of Margarine, Corn Oil or Butter

2 Cups of Yogurt
1 1/2 Teaspoons of Baking Powder
Corn Syrup

Makes 30 Pieces

Origin: Palestine (Jerusalem)

1. Mix all ingredients (except corn syrup) together in a big bowl.
2. Coat a tray with a little butter.
3. Pour the mixture gently onto the tray.
4. Bake 1 hour at 350 degrees. Make sure the bottom is brown.
5. Cut into pieces (whatever size you want) and pour corn syrup on them.
6. Serve with coffee or tea.

My mother got this recipe from her mother and, of course, she gave it to me. This is a special dessert for special visitors.

Rukaye Hamdan

KLETSKOPPEN

50 Grams of Butter
125 Grams of Brown Sugar

25 Grams of Peanuts or Almonds
40 Grams of Flour

Makes about 25 pieces

Origin: The Netherlands

1. Mix the butter with the brown sugar until it becomes a light color.
2. Add the flour and minced nuts.
3. If necessary, add water.
4. Make small balls of dough.
5. Place balls on a buttered baking dish (a great distance apart).
6. Place the baking plate in the upper part of the oven which has been preheated to 425 degrees.
7. Bake five minutes until light brown.
8. Remove the cookies carefully, and let them cool until they are tough.

This is a typical old Dutch recipe. I really don't know where it comes from.

Dorothe Swinkels



OLD-FASHIONED SWEET POTATO PIE

2 1/4 Cups of Cooked Mashed Sweet
Potatoes

1 Tablespoon of Flour

1/2 Teaspoon of Ground Nutmeg

1/2 Teaspoon of Ground Cinnamon

2 Eggs, Beaten

2/3 Cup of Milk

2 9-Inch Unbaked Pastry Shells

1/2 Cup of Butter or Margarine

1 1/4 Cups of Sugar

1/2 Teaspoon of Salt

1/2 Teaspoon of Ground Ginger

1/8 Teaspoon of Ground Cloves

2 (5 1/3-Ounce) Cans of Evaporated
Milk

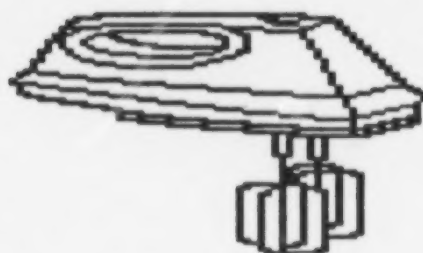
Serves: 6-8 People

Origin: Southern USA

1. Combine sweet potatoes and butter, mixing until blended.
2. Combine sugar, flour and spices; add to potatoes and mix well.
3. Blend in eggs and milk.
4. Pour mixture into crusts.
5. Bake at 425 degrees for 10 minutes.
6. Reduce oven temperature to 350 degrees and continue baking for 50-60 minutes or until knife inserted in center comes out clean.

Lois Glover





BLACK BOTTOM PIE

2 Cups of Ginger Snaps
(Crumbs of About 60 Cookies)
4 Egg Yolks
1 (12-Ounce) Package of Semi-Sweet
Chocolate Chips
4 Egg Whites
1/4 Cup of Cold Water
Fresh Strawberries (Optional)

2 Cups of Milk
1/4 Cup of Butter or Margarine, Melted
1/4 Cup of Sugar
1 Tablespoon of Cornstarch
1 Package of Unflavored Gelatin
1/2 Cup of Heavy Cream
1 Teaspoon of Vanilla
1 Square of Chocolate (Optional)

Serves: 8 People

Origin: USA

1. Combine cookie crumbs, sugar and butter and press into the bottom of a 13x5 inch pan; chill.
2. In a saucepan, scald milk.
3. In a small bowl, combine sugar and cornstarch.
4. In another bowl, beat egg yolks; slowly add milk, stirring constantly.
5. Add egg mixture to milk.
6. Dissolve cornstarch and gelatin in water.
6. Stir in sugar and cornstarch mixture.
7. Cook, stirring constantly, until custard thickens.
8. Place chocolate chips in a mixing bowl.
9. Add 1/2 cup of hot custard and stir until chocolate is melted.
10. Add vanilla.
11. Pour custard into pan lined with ginger snaps.
12. Beat egg whites until they form a stiff peak.
13. Fold egg whites into remaining custard, and spread on top of first layer of custard.
14. Refrigerate.
15. Serve with fresh strawberries, whipped cream, and a garnish of chocolate slivers.

Nora Wiley

SHOO FLY PIE

Crumbs:

- 1 Cup of Flour
- 2/3 Cup of Brown Sugar
- 1 Tablespoon of Crisco

Liquid:

- 1 Cup of King Syrup Molasses
- 1 Cup of Boiling Water
- 1 Beaten Egg
- 1 Teaspoon of Baking Soda

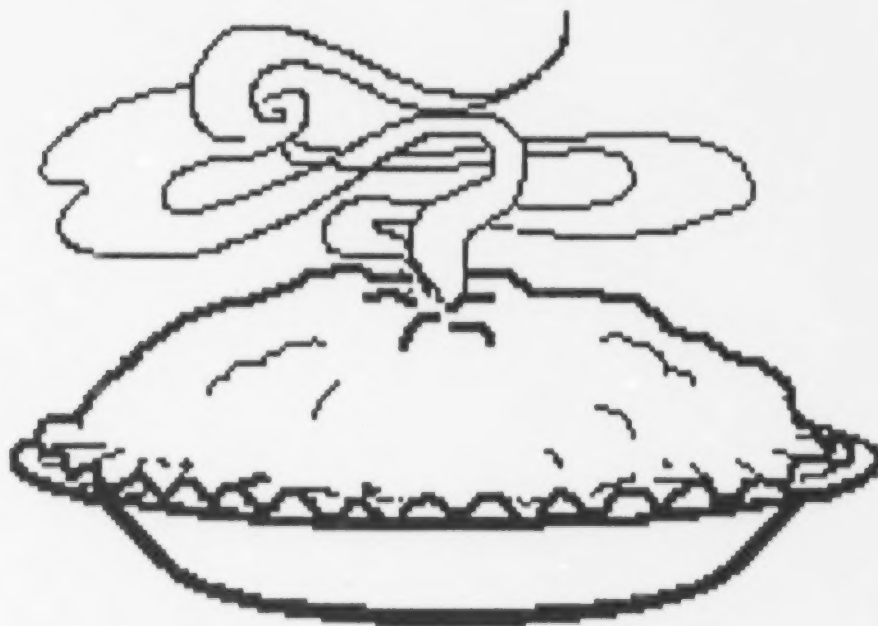
Serves: 8 People

Origin: Pennsylvania Dutch

1. Line your pie plate with crust of your choice.
2. Combine crumb ingredients; set 1/2 crumb mixture aside.
3. While waiting for the water to boil, mix together syrup, egg and soda.
4. Pour in boiling water and stir until syrup is thin.
5. Add crumbs to syrup and mix until all are wet.
6. Pour syrup into pie crust.
7. Sprinkle remaining crumbs across the top of the pie.
8. Bake at 350 degrees for 40 minutes.

This was my mother's recipe. I cherish it very much as I got it from her shoe box of recipes after she died five years ago.

Gloria L. Kanoff





MONTGOMERY PIES

Lemon Mixture:

- 1 Egg
- 1 Cup of Sugar
- Juice and Rind of One Lemon
- 1 Cup of Cold Water
- 1/2 Cup of Karo Syrup*

Cake:

- 1 Egg
- 1 Cup of Sugar
- 1/2 Cup of Shortening
- 1 Cup of Sweet Milk (Light Cream)
- 2 1/2 Cups of Flour
- 2 Teaspoons of Baking Powder

Makes: 3 Pies

Origin: Germany

1. Prepare pie crusts of your choice; enough for three pies.
2. Pour lemon mixture in pie crusts.
3. To make cake mixture, cream sugar and shortening; add egg and mix thoroughly.
4. Combine flour and baking powder.
5. Add dry ingredients alternately with milk to sugar and shortening mixture.
6. Pour cake batter on top of lemon mixture.
7. Bake at 350 degrees for about 20-30 minutes.**

**I got this recipe from my grandmother's cookbook.. The original version says "1/2 cup of table syrup". I interpreted this as Karo Syrup, but I could be wrong.*

***The original recipe did not specify temperature or time; this is an estimate on my part.*

APPLE DUMPLINGS

2 Cups of Sifted Flour
1 Teaspoon of Salt
1/2 Cup of Cold Milk
1/2 Cup of Sugar

2 Teaspoons of Baking Powder
6 Tablespoons of Shortening
6 Medium Apples, Pared and Cored
2 Teaspoons of Ground Cinnamon

Serves: 6 People

Origin: Pennsylvania Dutch

1. Sift flour, baking powder and salt together.
2. Cut in shortening, add milk, and mix to a smooth dough.
3. Turn dough onto a floured surface and divide into six portions.
4. Roll each portion large enough to cover one apple.
5. Place an apple on each piece of pastry.
6. Mix sugar and cinnamon together; spoon some of this mixture into each core cavity.
7. Moisten edges of pastry and bring up over apple; seal edges.
8. Place on greased baking sheet and bake at 350 degrees about 35 minutes.
9. Serve warm with milk or half and half.

Sandy Strunk



PEANUT BUTTER BALLS

1 Cup of Crunchy Peanut Butter
1/4 Cup of Honey
1/2 Cup of Wheat Germ or Crushed
Graham Crackers

1/2 Cup of Dry Milk Powder
1/4 Cup of Raisins

Makes: Enough for a Classroom of Children

Origin: USA

1. Mix peanut butter, dry milk, honey and raisins together.
2. Roll into small balls.
3. Roll small balls around in wheat germ.
4. Refrigerate for one hour.

This recipe was given to me by a pre-school teacher.

Ruth Morehead

MARSHMALLOWS

4 Packages of Gelatin
2 Cups of Sugar
Pinch of Salt
1 Teaspoon of Vanilla

1 Cup of Cold Water
8 Tablespoons of Hot Water
Toasted Coconut

Makes: Several Marshmallows

Origin: Pennsylvania Dutch

1. Soak the gelatin in water for five minutes.
2. Heat two cups of sugar and 8 tablespoons of water until clear.
3. Add a pinch of salt.
4. Mix sugar-water with gelatin and beat until stiff.
5. When stiff, add vanilla.
6. Pour into buttered pan.
7. Marshmallows may be coated in chocolate, rolled in powdered sugar or toasted coconut.

This recipe belonged to my grandma and Aunt Grace Leaman.

George Myers

RIBBON FANTASY FUDGE

3 Cups of Sugar
2/3 Cup of Evaporated Milk
1/2 Cup of Creamy Peanut Butter
7-Ounce Jar of Kraft Marshmallow Creme

3/4 Cup of Margarine
6 Ounces of Semi-Sweet Chocolate
Pieces
1 Teaspoon of Vanilla

Makes: 3 Pounds

Origin: Tampa, Florida

1. Combine 1 1/2 cups of sugar, 6 tablespoons of margarine and 1/3 cup of milk in a heavy 1 1/2 quart saucepan.
2. Bring to a full rolling boil, stirring constantly.
3. Continue boiling 4 minutes over medium heat, stirring constantly to prevent scorching.
4. Remove from heat; stir in chocolate pieces until melted.
5. Add 1 cup (1/2 jar) of marshmallow creme and 1/2 teaspoon of vanilla.
6. Beat until well blended.
7. Pour into greased 13x9 inch pan.
8. Repeat process with remaining ingredients, substituting peanut butter for chocolate pieces.
9. Spread peanut butter layer over chocolate layer.
10. Cool at room temperature.

When I lived in Florida, one of my neighbors gave this recipe to me. I make it at Christmas.

Shirley Stoudt

SEA FOAM CANDY

2 Cups of Brown Sugar
1/2 Cup of Water

2 Egg Whites
1/4 Cup of English Walnut Halves

Origin: Pennsylvania Dutch

1. Combine water and sugar; cook until syrup forms a hard ball when dropped in cold water (265 degrees).
2. Remove from heat, and add stiffly beaten egg whites.
3. Beat until thick and creamy.
4. Drop from a spoon on greased plates or wax paper. Do not scrape bottom of pan.
5. Press a half of an English walnut on each piece.

George Myers

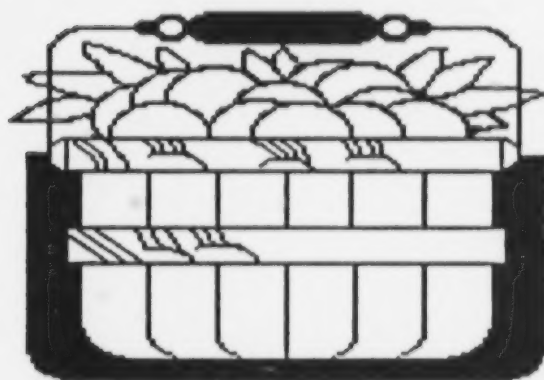
CATSUP

1 Peck of Tomatoes
1/2 Teaspoon of Allspice
1/4 Teaspoon of Dry Mustard
1 Pint of Vinegar

2 1/2 Teaspoons of Salt
1/2 Teaspoon of Cinnamon
1/4 Teaspoon of Cloves
3 Pints of Sugar

Origin: Lancaster County, PA

1. Cook tomatoes; drain.
2. Put tomatoes through a sieve.
3. Add seasonings and boil for 1 hour.
4. Add sugar to taste.



Barbara Tyndall

PEACH MARMALADE

12 Peaches
3 Oranges

6 Apples
Rind of 1 1/2 Oranges

Origin: Pennsylvania Dutch

1. Peel peaches; remove seeds from apples and oranges.
2. Put fruit through a food chopper.
3. Measure pulp.
4. For each cup of pulp, use 1 1/4 cups of sugar.
5. Bring fruit and sugar to a full boil and continue boiling for about 20 minutes.
6. Seal in jars.

Sandy Strunk

SPICED CRAB APPLES

4 Pounds of Fruit
3 Pounds of Sugar
1/2 Ounce of Whole Cloves

1 Pint of Vinegar
1/2 Ounce of Whole Allspice
1/2 Ounce of Stick Cinnamon

Origin: Pennsylvania Dutch

1. Boil vinegar, sugar and spices.
2. Add fruit and cook till tender.
3. Place fruit in jars and cover with hot syrup.

Sandy Strunk



SIMPLY SUPER CINNAMON SAUCE

1/4 Cup of Granulated Sugar
1/2 Cup of Water

1/4 Cup of Dark Corn Syrup
2 Cinnamon Sticks

Makes: One Cup of Sauce

1. In a saucepan, cook the sugar, corn syrup, and water over low-medium heat.
2. Stir as the mixture begins to boil.
3. Break the cinnamon sticks in half and drop them into the saucepan.
4. Simmer sauce for ten minutes over low heat.
5. Let sauce cool before removing cinnamon sticks.
6. Serve over Dutch apple ice cream.

Lois Glover

OLD-FASHIONED HOT FUDGE

2 Ounces of Unsweetened Chocolate
1/4 Cup of Unsweetened Cocoa
1/4 Cup of Milk

1/2 Stick of Butter
1 Cup of Sugar
1/4 Cup of Heavy Cream

Makes: Two Cups of Hot Fudge

1. Simmer water in the bottom of a double boiler.
2. In the top part of the boiler, melt together chocolate and butter.
3. Add the cocoa, and stir until it dissolves.
4. Add the sugar, and stir until mixture looks grainy.
5. Cook in the double boiler for 20 minutes.
6. Stir in milk and cream.
7. Keep stirring the mixture until everything is blended thoroughly.
8. Let the topping simmer for one hour; stir occasionally to keep from sticking.
9. Hot fudge is ready when all the sugar is dissolved and the mixture is very smooth.

Lois Glover

GOOEY BUTTERSCOTCH TOPPING

1 Cup of Light Brown Sugar
2 Tablespoons of Butter
1/2 Teaspoon of Vanilla

2 Tablespoons of Light Corn Syrup
1/2 Cup of Cream

Makes: 1 1/2 Cups of Topping

1. Bring sugar, syrup, butter and cream to a boil in a small saucepan.
2. Cook over moderate heat, stirring constantly, until the sauce is thick.
3. Remove from heat; add vanilla after sauce cools a little.
4. Serve warm over French vanilla ice cream.

Lois Glover

TANGY PINEAPPLE TOPPING

1 Cup of Crushed Pineapple

1 Cup of Light Corn Syrup

Makes: 1 1/2 Cups of Sauce

1. Put drained, crushed pineapple into a saucepan.
2. Stir in corn syrup and bring mixture to a boil.
3. Continue cooking ten minutes over medium heat.
4. Serve over orange sherbet.

Lois Glover



MARSHMALLOW SAUCE

16 Marshmallows

1/3 Cup of Evaporated Milk

1/3 Cup of Light Corn Syrup

Makes: 1 1/2 Cups of Syrup

1. Pour milk into a small saucepan.
2. Stir in the corn syrup and marshmallows.
3. Simmer over medium heat until the marshmallows are melted.
4. Chill for two hours before eating.
5. Serve with chocolate ice cream.

Lois Glover

CARAMEL TOPPING

2 Cups of Sugar
3/4 Cup of Heavy Cream

1 Cup of Butter
1/4 Cup of Milk

Makes: 1 1/2 Cups of Topping

1. Cook sugar over medium heat until it melts and becomes a light brown color.
2. Remove pan from heat and stir in butter; simmer on low heat.
3. Combine milk and heavy cream.
4. Stir milk mixture into sugar mixture a tablespoon at a time until topping is smooth.

Lois Glover



PINEAPPLE PUNCH

46 Ounces of Pineapple Juice
12 Ounces of Coconut Concentrate

10 Little Pieces of Ice

Origin: Puerto Rico

1. Mix all ingredients in the blender.
2. Blend on high speed for one minute.
3. Serve.



Carlos Rodriguez

RHUBARB WINE

2 Quarts of Rhubarb with Skin
3 Pounds of Brown Sugar

3 Quarts of Boiling Water
1 Cake of Yeast

Makes: 1 Gallon

1. Pour boiling water on rhubarb and let stand for three days.
2. After three days, put mixture on stove and boil for 15 minutes.
3. Strain through cloth and let cool.
4. Add 3 pounds of brown sugar, 1 yeast cake and enough boiling water to make one gallon.
5. Stir every day for 5 days, then strain.
6. Bottle wine, but not too tight.

Sandy Strunk

MALTS

4 Scoops of Chocolate Ice Cream
2 Cups of Milk
Whipped Cream

4 Tablespoons of Chocolate Syrup
2 Tablespoons of Malted Milk Powder
2 Malted Milk Balls

Makes: Two Tall Soda Glasses

1. Pour the milk, syrup, ice cream and malted milk powder into a blender.
2. Mix at low speed for thirty seconds.
3. Pour the mixture into two tall soda glasses.
4. Swirl whipped cream on top.
5. Garnish with malted milk balls.
6. Serve with two straws and a soda spoon.

Lois Glover



ROOT BEER FLOAT

1 Cup of Root Beer
1 Maraschino Cherry

1 Scoop of Vanilla Ice Cream

Makes: 1 Root Beer Float

1. Pour the root beer in a glass and add the ice cream.
2. Do Not Stir! The carbonation in the root beer will make the ice cream foam in the glass.
3. Garnish with a maraschino cherry.
4. Serve with two straws and a soda spoon.

Lois Glover

BROWN COW

2 Scoops of Vanilla Ice Cream
2 Teaspoons of Chocolate Syrup

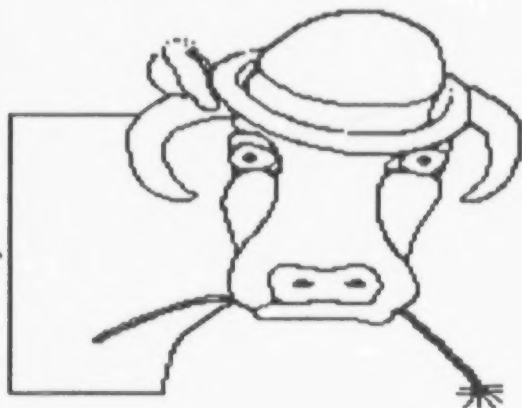
1 Cup of Cola
Chocolate Bits

Makes: 1 Brown Cow

1. Pour the cola into an ice cream soda glass.
2. Stir in the chocolate until the syrup dissolves.
3. Add the ice cream and stir quickly until it foams.
4. Sprinkle chocolate bits on top.
5. Serve with two straws and a soda spoon.

To make a Black Cow, substitute root beer in place of cola.

Lois Glover



RASPBERRY SPRITZ

1 Scoop of Vanilla Ice Cream
5 Tablespoons of Milk
Whipped Cream

1/4 Cup of Raspberry Syrup
2 Cups of Seltzer Water

Makes: One Raspberry Spritz

1. Pour the syrup and milk into a large glass.
2. Add the seltzer while you stir the ingredients.
3. Leave about three inches of room in the glass.
4. Drop the ice cream into the glass, and add a little more seltzer.
5. Top it off with whipped cream.
6. Insert two straws and a soda spoon.



Lois Glover

GLOSSARY OF COOKING TERMS

ENGLISH / SPANISH

bake - hornear
baste - pringar (empapar la carne engrasa)
beat - batir
blend - mezclar
boil - hervir
broil - asar a la parrilla
carve - tajar la carne
chill - enfriar
chop - cortar o desmenuzar
cool - enfriar
cut - cortar
dice - cortar en cubos ó dados
dissolve - disolver
fold - doblar
fry - freir
grate - parrilla
knead - amasar
marinate - marinar
mix - mezclar
peel - pelar
pour - vaciar, derramar
roast - asar
saute - saltear
scald - calentar hasta que hierva
sift - cernar
simmer - hervir a fuego lento
slice - rebanada
steam - vapor
stir - revolver
toss - tirar
whip - batir crema o huevos

ENGLISH / FRENCH

bake - cuire au four
baste - arroser
beat - battre
blend - mélanger
boil - bouillir
broil - griller
carve - découper
chill - réfrigérer
chop - hacher; découper en fins morceaux
cool - refroidir
cut - couper
dice - couper en cube
dissolve - dissoudre
fold - plier
fry - frire
grate - râper
knead - pétrir
marinate - mariner
mix - mélanger
peel - peler
pour - verser
roast - rôtir
saute - sauter
scald - échauder
sift - tamiser
simmer - cuire à petit feu
slice - tranche
steam - cuire à la vapeur
stir - remuer avec une cuillère
toss - remuer
whip - fouetter

GLOSSARY (continued)

ENGLISH / GERMAN

bake - backen
 baste - mit fett begieBen
 beat - schlagen
 blend - mixen
 boil - kochen
 broil - simmern
 carve - schnitzen
 chill - durchkalteln
 chop - zerhacken
 cool - abkühlen
 cut - schneiden
 dice - klein schneiden
 dissolve - auflösen
 fold - falten
 fry - in der pfanne braten
 grate - zerreiben
 knead - kneten
 marinate - ein galzen
 mix - mischen
 peel - enthulsen or abschalen
 pour - aus schutten
 roast - kochen mit keinem fett
 saute -
 scald - bruhlen
 sift - durch sieben
 simmer - leicht kochen
 slice - zer schneiden
 steam - dampfen
 stir - ruhren
 toss - schutteln
 whip - schlagen

ENGLISH / POLISH

bake - piec
 baste - polewać tłuszczem
 beat - bić, tuc
 blend - mieszać
 boil - gotować do wrzenia
 broil - broiler, upiec przypiec; kac
 carve - kroić, wykrawać
 chill - ostudzać, oziębiać
 chop - siekać
 cool - chłodzić
 cut - rozcinać
 dice - ciąć na kostki
 dissolve - rozpuścić
 fold - delikatnie mieszać; złożyć; składać
 fry - smażyć
 grate - trzeć, ucierać
 knead - ugniatać, zagnieść
 marinate - marynować
 mix - miksować
 peel - zdierać, obierać
 pour - wylać po lać
 roast - piec, opiekąć
 saute - przysmażyć na maśle
 scald - sparzyć
 sift - przesiewać
 simmer - gotować na wolnym ogniu
 slice - ciąć na plastry, kromki
 steam - gotować na parze
 stir - zamieszać; poruszyć
 toss - wymieszać; przewrócić
 whip - ubijać; bicz, pobić-pokonać

GLOSSARY (continued)

ENGLISH / VIETNAMESE

bake - nướng, luộc (bánh)
 baste - rửa, tưới
 beat - đánh (trứng)
 blend - trộn
 boil - luộc, nấu nước
 broil - nướng
 carve - cắt thịt
 chill - làm cho lạnh, đông đặc
 chop - băm
 cool - làm cho nguội, mát
 cut - cắt
 dice - cắt, xắt
 dissolve - khuấy, khuấy, làm tan
 fold - gấp, xếp
 fry - chiên, xào
 grate - bào
 knead - nhồi, nhào bột, quết
 marinate - nước mắm
 mix - trộn, pha lẫn
 peel - gọt vỏ
 pour - đổ, trút
 roast - nướng, quay
 saute - nước chảo
 scald - trung, nhúng nước sôi
 sift - rây sàng, xấy
 simmer - nấu vừa sôi
 slice - cắt lát
 steam - hấp
 stir - khuấy
 toss - nhồi, lăn
 whip - đánh trứng

ENGLISH / ARABIC

bake - يشوي / يخبز roast - يشوي / يخبز
 baste - يطوي اللحم بـ saute - يطوي اللحم بـ
 beat - يحقق scald - يحرق بـ
 blend - يمزج sift - ينخل
 boil - يغلي simmer - يجيش / يغلي ببطء
 broil - يشوي slice - شريحة
 carve - يقطع اللحم شرائح steam - بخار
 chill - يثليج stir - يحرط
 chop - يفرم اللحم loss - يخلط (السلطة)
 cool - يهدئ whip - الكفافة / يدهن بـ
 cut - يقطع
 dice - يقطع الى مكعبات صغيرة
 dissolve - يذيب
 fold - يطوي / يثنى
 fry - يثليج
 grate - هوكل
 knead - يعجن / يجهل
 marinate - ينقع اللحم في ماء الخل
 mix - يلط
 peel - يقشر
 pour - يسكب

GLOSSARY (continued)

ENGLISH / JAPANESE

bake - yaku
 baste - tare o tsukeru
 beat - kakimazeru
 blend - mazeru
 boil - wakasu, yuderu
 broil - yaku, aburu
 carve - kiru, kiriwakeru
 chill - hiyasu
 chop - kizamu
 cool - samasu
 cut - kiru
 dice - sainome ni kiru
 dissolve - tokeru, tokasu
 fold - oritatamu, kakimawasu
 fry - ageru
 grate - orosu
 knead - koneru
 marinate - marinedo ni tsukeru
 mix - mazeru
 peel - kawa o muku
 pour - sosogu
 roast - yaku
 saute - itameru
 scald - wakasu; nesuru
 sift - furuu
 simmer - niru
 slice - kizamu; usuku-kiru
 steam - musu
 stir - mazeru; kakimazeru
 toss - uragosu
 whip - awadateru

ENGLISH / CROATIAN

bake PECI pour SCALI - SLATI
 baste PECENJE - VASENJE roast PECI - VESTI
 beat GUČI - KUPATI saute UMAR
 blend MJEŠALJA scald PREKUPATI - PAKU
 boil KUHANJE - VARIJE sift PROSIVATI
 broil PECI simmer KUŠATI - VRETI
 carve REZATI - REZATI slice POSICA - KUPATI
 chill KUHANJE - VARIJE steam PARITI - VARIJE
 chop KOPATI - VRETI stir MESATI
 cool HLADITI toss POKUPATI
 cut REZATI whip KUPATI
 dice KUPATI
 dissolve RASTOPITI
 fold SAVITI
 fry PRŽITI
 grate PROŠITI
 knead MESITI
 marinate KUPATI - VARIJE
 mix MJEŠATI
 peel KUPATI - VARIJE

CONVERSION CHART

METRIC/ ENGLISH

MEASURES

Metric/English Measure Equivalents

1 centimeter (cm.)	=	.3937 inch (in.)
1 meter (m.)	=	39.37 in. or 3.28 feet (ft.)
1 kilometer (km.)	=	.62137 mile (mi.)
1,000 m ² = 1 hectare (ha.)	=	2.471 acres
1 centiliter (cl.)	=	.338 fluid ounces (fl. oz.)
1 liter (l.)	=	.9081 dry quart (qt.)
		1.0567 liquid quarts
1 centigram (cg.)	=	.1543 gram (gr.)
1 gram (g.)	=	15.432 grain (gr.)
		.03527 ounces (oz.)
1 kilogram (kg.)	=	2.2046 pounds (lb.)
	=	2.54 centimeters
12 in. = 1 foot	=	.3048 meters
3 ft. = 1 yard	=	.9144 meters
16½ ft. = 1 rod	=	5.029 meters
5,280 ft. = 1 mile	=	1.6093 kilometers
4,840 yd ² = 1 acre	=	.4 hectares
	=	28 grams
16 oz. = 1 pound	=	.45 kilo (kg.)
	=	5 milliliters
3 tsp. = 1 tablespoon	=	15 milliliters
2 tbsp. = 1 fluid ounce	=	30 milliliters
8 oz. = 1 cup	=	.24 liters
2 c. = 1 pint	=	.47 liters
2 pt. = 1 quart	=	.95 liters
4 qt. = 1 gallon	=	3.8 liters

(Non-metric)

Linear measure

12 inches	=	1 foot
3 feet	=	1 yard
5½ yards	=	1 rod
40 rods	=	1 furlong
8 furlongs	=	1 mile

Mariner's measure

6 feet	=	1 fathom
1,000 fathoms	=	1 nautical mile
3 nautical miles	=	1 league

Square measure

160 square rods	=	1 acre
640 acres	=	1 square mile

Avoirdupois weight

16 drams	=	1 ounce
16 ounces	=	1 pound
2,000 pounds	=	1 ton

Liquid measure

2 pints	=	1 quart
4 quarts	=	1 gallon

Dry measure

2 pints	=	1 quart
8 quarts	=	1 peck
4 pecks	=	1 bushel

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